

LA CASINCA

Never heard of this micro-région? You may be forgiven, because this must be one of the least travelled areas on the island - a blessing if you want to get away on your own. Falling between the Golo River to the north and the Castagniccia to the south, the Casinca is a remarkably well-kept secret, less than an hour's drive from Bastia. It comprises a necklace of tiny, hillside villages set among forests of chestnut and olive trees, with tall stone houses looking out over the eastern plains. Time seems to have stood still in this part of the island. There are no primary roads, only secondary roads that creep through beguiling settlements, offering gratifying scenic drives and smashing views over the plains and the Tyrrhenian sea. A good road map is essential the IGN Bastia Corte (1:100 000) is fine.

Heading west along the D237 from Torra, the road climbs steeply to hilltop **Vescovato**. Formerly a fortified town, it was the site of the bishop's palace in the 15th century. With its little alleyways, its flights of steps, its lively central square shaded by a row of plane trees and its modest but authentic cafés, Vescovato has charm in spades. Be sure to have a look at the Baroque church of San Martino, built on a small terrace. A further 3km will bring you to Venzolasca, another picturesque village where you can marvel at the Baroque church Ste-Lucie, whose slender spire is a major landmark for miles around.

It's hard not to fall under the spell of Loreto**di-Casinca**, another village featuring a dramatic setting on ridge overlooking the whole area. Aside from the superlative views over the plain and the sea, the focal point of the village is the lovely square surrounded by plane trees.

Backtrack to Venzolasca then head to **Penta-di-Casinca**, with another superb Baroque church and stunning schist buildings. From Penta-di-Casinca the D206 will lead you down to the N198 in the plain via Cast ellare-di-Casinca, which has a beautiful 10th-century church, **San Pancrazio**, famous for its triple apse.

Chambres d'Hôtes A Stella Serena (A /fax 04 95 36 65 29; Torra; d €50) A make-yourself-at-home informality is the order of the day at this quirky B&B situated about 300m off the Torra roundabout. Jacques and Sharon, a French-

American couple, are very knowledgeable about the area and have decorated their house with books, woodcarvings, hats and other knick-knacks. There are three compact rooms with a shared bathroom and a shady patio terrace. It's definitely more convivial than intimate, but at this price we're not complaining. Call ahead for a pick-up from Casamozza train station.

Chambres d'Hôtes Domaine de Valle (20 04 95 38 93 03; domaine.valle@wanadoo.fr; Querciolo; d €60) Though recently built, this handsome house is not bereft of charm. It is nestled in a vast property replete with olive and clementine trees. The four rooms are impeccable and come equipped with ancient tiles and pristine bathrooms. The amiable owners sell some excellent homemade olive oil. Location-wise, it's in Querciolo, about 100m from the N198 (but there's no noise to speak of), and the nearest beach is 4km away.

Eating

L'Ortu (04 95 36 64 69: rte de Venzolasca, Vescovato: mains €7-17, menu €18: Y Wed-Sun Jun-Sep: V) Did you know? L'Ortu is a self-proclaimed altar to 'bio-végétarienne' (organic-vegetarian) cuisine. Carrots, cheese, pancakes with tofu, spaghetti and other goodies rule the roost, including veal cutlet. With its all-wood, barnlike surrounds, this offbeat auberge resembling a Swiss chalet boasts a kind of ramshackle charm. Bookings are essential.

mains €9-20;
May-Sep) Corsica's got dozens of paillottes (beach restaurants), what's so special about this one on Venzolasca beach? The loup grillé (grilled sea bream), my friends, the loup grillé (€15). Well-executed pizzas, salads and meat dishes are also available.

U Rataghju (a 04 95 36 30 66; Loreto di Casinca; menu €23; Apr-Oct) This place screams Corsica of yore. The dining room occupies an ancient chestnut drier and is endearingly old-fashioned, with sturdy tables, beamed ceilings, antique furniture and granite walls adorned with weapons, ancient tools and various artefacts. Food-wise, expect hearty Corsican dishes such as charcuterie, cornucopian stews and beignets au brocciu (brocciu fritters). There's a second dining room across the street, which is less dining room across the street, which is less characterful but offers smashing views over the plains.

Ferme-Auberge U Fragnu (04 95 36 62 33; Venzolasca; menu €37; 🥎 dinner Jul & Aug, dinner Thu-Sat, lunch Sun Sep & mid-Nov-Jun) This reputable fermeauberge scores high on atmosphere and décor. But is it worth the trek? Hell yes. The snug, traditional dining room that is built around a huge olive press is a delicious relic from another era. It focuses on traditional Corsican fare: a thick soup, veal with olives, charcuterie, cheese and – you guessed it – chestnut-flour cake. Bring an empty tum, since you'll leave belly first. Bookings are mandatory.

LA COSTA VERDE

The Costa Verde has lopsided charm, which can be attributed to its schizoid nature. While the coastal section of this microregion is nothing to write home about, the hinterland is dizzyingly beautiful, with stupendous landscapes, a collection of *villages perchés* strung over mountain ridges and a fistful of religious buildings steeped in history. Although it's less than half an hour's drive from Bastia, this unknown corner of Corsica falls below many travellers' radars (we're not complaining). Another pull is the smattering of well-priced hotels, quality restaurants and cute *chambres d'hôtes*. Bring a good map – now it's your turn to dive in.

Information

Getting There & Away

Buses plying the route Bastia-Porto-Vecchio stop in Moriani-Plage (see p208). The Bastia-Moriani-Plage ride costs €7.

MORIANI-PLAGE

About 40km south of Bastia, this rather nondescript resort town will probably be your first glimpse of the Costa Verde. It consists of modern buildings, souvenir shops, supermarkets and cafés that are scattered along the N198. Although it won't set a heart aflutter, Moriani-Plage has decent beaches if you want to splash about and offers useful services, including a tourist office and banks with ATMs. It's also the most obvious launching pad for exploring the Morianincu. Ah, the Morianincu...

Sleeping & Eating

Casa Corsa – Chambres d'Hôtes Doumens () /fax 04 95 38 01 40, 06 25 89 89 32; www.casa-corsa.net; Casa Corsa, Acqua Nera Primete; d €56-62) What a find! This ochre-coloured modern house has a stylish Provençal feel. The six cocoon-like rooms are embellished with lots of decorative touches, such as terracotta tiles, chestnut beams, colourwashed walls and colourful bedspreads. There's a lovely garden where you can mooch around. Breakfasts are copious and are served under a lovely vine-covered pergola. Should you want to take a dip, the Prunete beach is a five minutes' jog away. If only the Doumens could speak a few words of English! It's 6km south of Moriani-Plage, about 100m off the N198, accessible via a dirt track.

U Lampione (② 0.49559 0.887; rte du Village, Moriani-Plage; mains €15-22, menu €18; ② closed Sun in low season)
One of Moriani's best eating options, U Lampione has an attractive, vine-shaded terrace and a stylish dining room with wood furnishings; both provide the perfect setting in which to sample well-prepared meat and fish dishes. Try the escalope or fillet de bœuf (beef scallop or fillet) – very tender. You can celebrate your good fortune at being here by ordering a bottle of local wine (from €15). No, it's not on the beach – it's on the road to San Nicolao, about 400m from the main crossroads

LE MORIANINCU

In the mood for a green realm, a land of lushness, of verdant forests and muscular hills? The Morianincu offers all this, plus a wonderfully laid-back atmosphere. This microregion might be a mere blip on the map, but it has bags of character and aesthetic appeal. It is studded with a succession of villages that crown the curving hills west of Moriani-Plage. Their austere façades and higgledy-piggledy schist rooftops and bell towers preside over an arresting landscape of dense forests and rippling hills, with the sapphire-blue sea forming a perfect backdrop.

From Moriani-Plage, the D34 wiggles up to San Nicolao, where the main highlight is its Baroque church. From there, you can easily reach Santa Luda di Moriani, which is precari-

ously perched on a ridge. Continue further to San Giovanni di Moriani, whose chief attraction is the slender 33m-high campanile of the church St-Jean. At the end of the D34, Santa Reparata di Moriani has an end-of-the-world feeling that will appeal to those in search of peace and solitude. Backtrack to San Nicolao, then follow the Corniche de la Castagniccia (see right) to Cervione.

The Morianincu is a hiker's haven, with a network of **hiking** trails linking most villages and sights. The leaflet *Randonnées dans le Morianincu* is available at the tourist office in Moriani-Plage or at the *gîte d'étape* Luna Piena in Santa Reparata di Moriani (see below).

Feel like cantering through dense chestnut forests? The riding centre Les écuries de la Costa Verde (☎ 04 95 30 64 39, 06 14 55 89 01; Moriani-Plage; http://ecuriescostaverde.free.fr in French), at the northern approach to Moriani-Plage, offers guided rides taking in the villages of the Morianincu (€25 for two hours). It also has exhilarating gallops on the beach at Moriani-Plage. For the little 'uns, pony rides are also available (€10 per hour).

Sleeping & Eating

Gîte d'Étape Luna Piena (② 04 95 38 59 48; Santa Reparata di Moriani; dm with/without half-board €30/11; (※) Apr-Oct) If you are looking for some hush and seclusion, this wonderful gîte d'étape occupying a stone house at the end of the D34 is the perfect place to unwind. The two-to four-bed dorms are kept tickety-boo, the shared bathrooms are spotless and meals are available (menus €14 to €23). And did we mention the enchanting setting, along with plenty of greenery? Order a glass of something sweet and local and relax in the shade of a chestnut tree. Hiking in the area is spectacular.

over the Morianincu and the sea. The hotel section is equally enticing. All the rooms are pleasing but you need to climb some steep stairs to reach the crowning glory – the suite called 'Anne', which features sloping beamed ceilings, warm fabrics and a terrace. It's gayfriendly. Bikers are welcome. Follow the signs from San Giovanni di Moriani.

Cava (© 0495385114; San Giovanni di Moriani; mains €9-17, menu€23; © Tue-Sun Jun-Sep) Blink and you'll miss the tiny entrance of this typical Corsican eatery. This is the place that guidebook authors hesitate to include in a book for fear that they can't get a table next time they visit. It has no pretensions for luxury, but everything is made from local produce. If you want a recommendation, go for the *terrine de foie gras aux figues* (terrine of foie gras and figs). The terrace at the rear affords unimpeded views of the coast.

CORNICHE DE LA CASTAGNICCIA

The corniche road (D330) that threads for 5km across the mountainsides from San Nicolao to Cervione deserves special mention. At times, the D330 clutches at the mountainsides as if in desperation, providing vista-point junkies with a steady fix. You can also dunk yourself in the Cascade de l'Ucelluline (Ucelluline Waterfalls), about 1.5km from San Nicolao (before the tunnel). Take the steep path on the right that leads to a series of tempting pools. Then the D330 crosses Santa Maria Poggio before hitting Valle di Campoloro and Cervione.

CERVIONE

pop 1200 / elevation 350m

Come here on a sunny day in autumn, and you'll fall in love with this diamond of a town. The liveliest village of the Costa Verde (bar Moriani-Plage), Cervione is clearly special: the setting is enchanting, with neat stone houses that are huddled around a cathedral, a small maze of alleys and archways and a smattering of peppy cafes with terraces overlooking lush valleys.

A hidden gem that is well worth a detour, the Romanesque **Chapelle Ste-Christine** harbours fabulous frescoes from the 15th century. They adorn the twin apses inside and show scenes from the life of Christ. The key should be in the door. The chapel is about 3km from Cervione (take the road to Prunete for about 500m, then follow the signs 'Cappella Santa Cristina').

Sleeping & Eating

Aux 3 Fourchettes (© 0495 38 1486; place de l'Église; mains €6-13, menu €15) This restaurant is amusingly tucked *under* the cathedral – good to know in case you need to confess your sins (of gluttony, that is). The rustic food (wild boar stew, omelettes, pork cutlet, chestnut fritters) is far from exceptional but there's a lovely shady terrace.

U Casone (© 04 95 38 10 47; Cervione; mains €6-17, menus €12-20; Closed lunch Mon) Smack dab in the old town, this is the most agreeable place in Cervione to line the stomach without breaking the bank. The menu roves from expertly cooked pizzas (from €5!) to palate-pleasing fish and meat dishes. Hoe into a comforting grilled côte de bœuf (beef rib) and you'll leave with a smile on your face. Less well-known dishes, like the terrine de sansonnet aux myrtes (starling terrine with myrtle), beg to be tried. Sample the whole thing on the terrace in the shade of a stately lime tree.

After an hour or two's sightseeing, there's nothing better than swigging a glass of Pietra. Your best bet is to run the gauntlet of bars that line the main drag. Their terraces overlook the Tyrrhenian Sea, with views of the Tuscan islands. In season they also serve light meals.

LA CASTAGNICCIA

This is Corsica at its most rural and secretive, a tapestry of bucolic ambiances, with dense forests, rippling hills, babbling streams, placid villages, majestic mountains and lush valleys, through which narrow roads twist, duck and dive. The Castagniccia (kas-ta-neech) owes its name to the Genoese, who planted its first chestnut trees in the 16th century (see p227). This is an idiosyncratic, largely unspoilt region peppered with natural wonders and infused with blissful serenity. If you happen to be passing in September or October, you'll be mesmerised by the symphony of nature: the trees flaunt their autumnal colouring and whole valleys are saturated with gold and russet hues - a magical sight. And in wet weather, a veil of mist adds a touch of the bizarre.

But nature is not the only drawcard. The Castagniccia is also of strong historical interest, with a sprinkle of stately stone houses, resplendent Baroque churches, chapels and convents, all that testify to a rich past. Here, old traditions die hard, making it a fascinating introduction to the mentality of rural Corsica. The people residing here are an independent and unhurried lot, adamantly tied to their land.

The Castagniccia lends itself perfectly to a DIY approach, preferably with your own wheels because public transport is almost nonexistent. You never know what's around the next corner: another stunning valley perhaps, or a picture-perfect village? The flipside is that it's narrow, twisting and slow going (the average speed is about 30km/h). All you need is a good road map and a little sense of adventure. *Bon voyage*!

Information

Take note that banks and petrol stations are nonexistent in the Castagniccia. At the time of research a small tourist office was due to open in Piedicroce in 2007.

For online info, take a look at www.castag niccia.net, which has pages in English. Check out also www.corsorezza.com (in French).

PIEDICROCE & AROUND

Straddling the crossroads of the Castagniccia's principal routes, Piedicroce is a good base for exploring the area. Spread around the lower reaches of Monte San Petrone, this charming settlement proffers wonderful views of the

THE WATERS OF OREZZA

Orezza spring waters were discovered early on to be very rich in iron and calcium, while enthusiasts claimed that they were useful in combating a raft of ailments and in improving the digestive, circulatory and nervous systems. Pascal Paoli himself came 'to take the cure' here every year, as did much of 18th-century polite society.

In 1896 a thermal spa centre with massage rooms, showers and baths was built. Despite the competition from mainland spas, Orezza developed rapidly until 1934, at which time a violent storm destroyed the pipework. During WWII the occupying Germans came to believe in the curative properties of the water and set up a small bottling plant. After the war the property changed hands numerous times, but the little bottles with green caps continued to be sold.

Production at the plant was rudely stopped in 1995 but the spring was back in business again after a complete overhaul. Today it remains one of the most popular mineral waters in Corsica.

valleys and has a magnificent Baroque 17th-century church, **Église St-Pierre et St-Paul**. Take a peek inside – the restored organ is said to be the oldest in Corsica.

About 1km to the north on the D71 (towards Campana), the ruins of **Couvent d'Orezza**, a former Franciscan monastery, exude an eerie ambience. It was destroyed by German troops in 1943.

From Piedicroce, it's an easy drive downhill along the D506 to **Eaux d'Orezza** (39 10 00; www.orezza.fr; 9am-8pm daily Apr-mid-Oct, 8am-6pm Wed-Sun mid-Oct-Mar), which is famous for its naturally sparkling water. From there, you can head to **Valle d'Orezza**, where artisans perpetuate the tradition of carving pipes from chestnut wood.

Follow the D506 downhill back through Rapaggio until the junction with the D46 on the right, which leads to Piazzole and Monacia d'Orezza, where you can marvel at a lovely church with a detached bell tower. Continue uphill until you reach Parata, a tiny hamlet clinging like a crow's nest to the crest of a hilltop. Here, it really feels like the end of the world. Parata also boasts a stunning Baroque church.

Backtrack to the junction with the D506 and follow the D46 until **Verdèse**. One of our favourite villages in the area, it is swathed in lush chestnut forest and features a lovely *chambres d'hôtes* (see p226).

Activities

If you want to work off any extra pounds gained in the area's fine restaurants, you can tackle the **Monte San Petrone** (1767m), the highest summit of the Castagniccia. You can either start the ascent from the hamlet of Campodonico, a few kilometres north of Piedicroce,

or from Col de Prato (see p227). The second option is considered gentler and offers more shade. At the top, the panorama is impossibly beautiful. Plan on five to six hours return for either route.

There's also a web of footpaths that connect the villages. The useful *Sentiers de Pays Castagniccia* leaflet has details. It's usually available at bars or in restaurants.

Sleeping & Eating

Les Prairies (© 0495 36 95 90; Rumitoriu; camp sites per adult/child 66/3, d 660; Jun-Sep) An ecofriendly camping ground, with lots of shade and greenery, and an impeccable ablution block. Also one small room in the owners' house, with a charming retro style. There are ewes on the property (children will love it!) and the Fiumalto River is within walking distance (read: good swimming options). Hungry? There's a pizzeria 3km away. It's on the D506, between Piedicroce and Folelli.

Le Refuge (© 04 95 35 82 65; Piedicroce; s €43-46, d €46-59; ② Apr-Oot) The austere and vaguely rosy façade of Le Refuge won't feature on the cover of *Condé Nast Traveler* but inside, it's much more appealing, with luminous rooms, virginal white walls and white-glove-test-clean bathrooms. Be sure to ask for a room at the back – the views are splendid on a sunny day! The attached restaurant (mains €8 to €15, menu €17) has garnered high praise for its good-value, tasty traditional specialities.

THE AUTHOR'S CHOICE

Sant' Andria (☎ 04 95 35 82 26; Campana; menus €18-22; ⅙ May-Sep, closed dinner Sun) Hmm, the *veau Corse mijoté à l'ancienne* (Corsican veal slowly stewed) and the *terrine de courgettes* (courgette terrine) are truly finger-licking here. Almost as alluring is a pleasant (at night quite romantic) atmosphere on the verandah, with robust furnishings, from where you can soak up the lovely views over the valley (despite some ugly electric wires). Treat yourself to a glass of AOC Ajaccio and you'll leave patting your tummy contently.

PIEDICROCE TO CERVIONE

From Piedicroce, the narrow D146 winds its way through tracts of dense forests like a roller coaster (*sans* barriers) to Cervione and the Morianincu (p222) – another memorable drive.

Carcheto merits a stop for its 16th-century **Église Ste-Marguerite**, with a remarkable campanile, decorated with graceful pierced arcades. Another reason to pause in Carcheto is the lovely **waterfall** that lies a couple of hundred metres down a chestnut forest (it's signposted). There's a pool just ready for a refreshing dip.

Back in the village, the D146 wobbles slowly up to the Col d'Arcarotta (Arcarotta Pass; 819m), famous for its local produce market which is held every Sunday in July and August. After the pass, take the D17 which dives to the Couvent St-François-d'Alesani, nestled amid lush vegetation deep in the valley. The cloister should be restored in the near future. From the couvent, it's 4km to Valle d'Alesani on the D71 and another 4km before you reach Ortale. Past Ortale, the Morianincu beckons, with 17km of umpteen bends engineered into the mountainsides until Cervione comes into view.

Sleeping & Eating

Gîte d'Étape de Valle d'Alesani (© 06 32 95 39 30; Valle d'Alesani; dm incl breakfast €25, with half-board €40; ② Apr-mid-Nov) Hallelujah! This newish gîte d'étape has all the hallmarks of a great deal; modern, spotless rooms that can sleep four people, pathogen-free bathrooms, lovely vistas and an ace location. You can't miss it: it's the only building daubed a camp shade of yellow in the village. Meals are served at the nearby Restaurant San Petru.

LA PORTA

Another lovely settlement in the heart of Castagniccia, La Porta is a definite must-see, if only for its **Église St-Jean Baptiste**, one of the most beautiful Baroque churches in Corsica, dating from the 17th century. No doubt you will gasp at the overblown splendour of its façade and its majestic bell tower, which is 45m in height. Inside it's no less impressive, with a superb church organ and various well-preserved paintings.

menus €10-23; © closed Mon & Jan-Feb, lunch only in low season) is the most obvious choice. Make no bones about it, this is a typically Corsican restaurant de village (village eatery). The menu adheres to tried-and-true classics, such as veal stew, lamb, cannelloni, pastas and salads. Pity about the generic dining room. It's popular with coach parties at lunch in summer.

You can stock up on Corsican delicacies, including charcuterie, jams and *canistrelli* (local biscuits) at **Casi di Cornu** (© 0495 39 23 91; www.casadiomu.com; Stoppia Nova), a tiny produce shop in Stoppia Nova, about 5km from La Porta.

MOROSAGLIA & AROUND

For most Corsicans, Morosaglia is almost talismanic: it's revered as the birthplace of the Babbu di a Patria (father of the nation), Pascal Paoli (see p31). From La Porta, follow the D515 until the junction with the D71, then forge northwest to Morosaglia via the **Col de Prato** (Prato Pass; 985m).

On top of its aesthetic appeal and historical significance, Morosaglia is also at the nexus of several inland routes. If you drive to the north, you'll hit the Rustinu; if you follow the wild backroad D15 to the south, you'll reach the Boziu (p242); if you head west the road drops down to the main Bastia-Corte road (N193).

Sleeping & Eating

Chambre d'Hôtes Petri (② 04 95 48 43 27; psan tori@aol.com; Borgo, Gavignano; d €52) No English is spoken at this welcoming B&B in the hamlet of Borgo, a few kilometres south of Morosaglia. Never mind, it's snug and has a likeably old-fashioned feel, with wood-panelled ceilings, parquet flooring and walls carpeted with country-style floral patterns, as well as killer views thrown in for good measure. The terrace at the rear is a treat and Monsieur Petri will be happy to explain to you everything you ever wanted to know about Corsican charcuterie (but were too afraid to ask). There's only one room, so book ahead.

LE RUSTINU

Ask most Corsicans to pinpoint this rural enclave sandwiched between the N193 to the north (the Bastia-Corte highway) and

NUTS ABOUT CHESTNUT

Pascal Paoli said, 'As long as we have chestnuts, we'll have bread'. For Corsicans, the chestnut tree was for many long centuries 'the bread tree'. In the glory days of Corsican chestnut culture, a Corsican wedding dinner typically required 22 different chestnut delicacies. In the Castagniccia (from *castagnu*, meaning 'chestnut') a single chestnut tree kept a family for a month. The people of the Castagniccia, once the single most prosperous and most populous of the island's many regions, traded their chestnuts with the Balagne for olive oil, with the Niolo for cheese, and with Porto-Vecchio for salt.

Chestnut culture began to decline after WWI as the result of massive depopulation, fungal diseases and an infant chemical industry that used the chestnut wood, and just the wood, for the production of cellulose and tannin.

In the 1880s Corsica harvested some 150,000 tonnes of chestnuts. By 2004 the chestnut harvest was down to a mere 1200 tonnes.

Morosaglia to the south, and they would flounder. This discreet little charmer that is still overlooked by travel books retains a refreshingly humble scale, with a distinct atmosphere. It's less verdant than the rest of the Castagniccia, but it's as hilly, and the zigzagging roads are no less wonderfully scenic (be prepared for heartstopping drives). It's also completely nontouristy, so you'll probably have it all to yourself.

From Morosaglia, it's a relatively easy drive to **Valle di Rustinu**, where you can have a look at the ruined **Église Santa Maria**, accessible via a dirt track. Afterwards you could head to **Pastoreccia**, which is famous for its lovely Romanesque **Chapelle San Tumasgiu**, perched on a plateau overlooking the valley of the Golo, on the outskirts of the village. Push the door open, and you won't believe your eyes: the apse is enlivened with a series of poignant frescoes, including scenes depicting the life of Christ. The frescoes should be restored in 2008.

From Pastoreccia, you can head south to La Porta (p226) via Bisinchi, Campile and Ortiporio – almost a complete loop and a fantastic drive.

Sleeping & Eating

U Penta Rossa (© 0495 38 21 32; Ortiporio; mains €8-16, menus €16-22) Despite its fairly bland décor, this auberge is held in high esteem by locals, and it's easy to see why. It trots out hearty Corsican fare, including savoury *buglidicci* (pancakes with ewe's milk cheese) and tasty *cannelloni au brocciu* (cannelloni stuffed with *brocciu*), while the wild boar stew falls apart at the touch of the fork. Save room for desserts – the homemade *coupe Penta Rossa* (chestnut mousse) is out of this world. It also features a handful of very ordinary rooms (doubles €55 to €63).

 inn offers delightful, simple and reasonably priced Corsican food, including *cabri rôti* (roasted kid's meat), which is cooked on an open fire and prepared by a husband-and-wife team. It's a jolly evening, but a touch of eccentricity in the dining room wouldn't harm.

LA COSTA SERENA & LA CÔTE DES NACRES

Look at a map of Corsica. See this flat section that stretches from Étang de Diane to Solenzara? That's the Costa Serena and the Côte des Nacres. Never a high point on the tourist trail (except, maybe, if you are a nudist), the Costa Serena and the Côte des Nacres are often merely charged through on the way to the Far South. But it's well worth slowing down and making detours from the arrow-straight N198. Pack an open mind and investigate the possibilities.

ALÉRIA

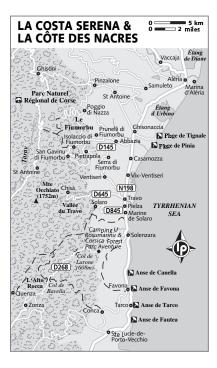
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Though Aléria won't win the award of tourist destination of the year, this haphazard town will hold your attention for a day.

In ancient times, the region that today forms Aléria – first known as Alalia (p27) – was Corsica's capital. Today the main activity is clustered around Caterragio, a regional hub that most travellers pass through on their way between Bastia and Porto-Vecchio on the N198.

Even if the idea of an archaeology museum usually sends you to sleep, don't miss the Musée Archéologique Jérôme-Carcopino (04 95 57 00 92; Fort de Matra; admission €2; Sam-noon & 2-7pm mid-May-Sep, 8am-noon & 2-5pm Oct-mid-May), a few blocks south of the main intersection, following the N198. This well-organised museum is housed in the magnificent Fort de Matra. Built by the Genoese in 1484, this well-proportioned edifice towers over the Vallée du Tavignano and the Étang de Diane. It holds a hoard of finds unearthed at the former site of Alalia and testifies to the town's Etruscan, Phocaean and Roman past. The archaeological site's a 300m walk southwest of the fort. It boasts the remains of a forum, a citadel, some temples and part of the centre of the Roman town, but the largest part of the city is still to be excavated.

After visiting the museum, ponder on your new-found knowledge while working on your



sun tan on the **Plage de Padulone**, about 3km east of the centre.

In the mood for a picnic? The peaceful **Étang de Diane**, a large saltwater lagoon about 3km north of Aléria, is a good spot. There's an oyster farm where you can buy oysters, mussels and *poutargue* (dried, pressed roe of mullet).

If you still have some energy to burn, the Centre de Tourisme Équestre de Bravone (② 049538 9190; Bravone), about 10km north of Aléria along the N198, offers guided horse-riding trips in the maquis or on the beach for all levels of experience. A typical beach ride lasts about one hour (€18).

Aléria's **tourist office** (**a** 04 95 57 01 51; www .corsica-costaserena.com; **9** 9am-8pm Mon-Sat,10am-1pm

Sun in summer, 9am-noon & 2-6pm Mon-Fri in low season) is near the main intersection. There are a number of banks with ATMs on the main road.

Sleeping & Eating

THE AUTHOR'S CHOICE

on facilities, with TV, air-con, lift and modern furnishings. Fear not, it's soundproofed.

You'll find a handful of paillottes and restaurants on the seafront at Plage de Padulone, including Le Bounty (04 95 57 00 50; Plage de Padulone; mains €8-18, menus €14-22;
May-Sep), with a zany, crenellated facade, an all-wood décor and a lovely terrace overlooking the waves.

Shopping

Domaine Mavela (**a** 04 95 56 63 15; U Licettu; **9** 9am-8pm Jun-Aug, 9am-noon & 2-6pm Mon-Sat Sep-Jan & Apr-May) Head to this store, about 5km south from Aléria, to fill your coffers with fabulous local produce. This treasure-trove is wont to overwhelm the senses: noses assail chunks of cheese and clumps of cured meats and eyes flutter at homemade jams and honey. Everything is organic. You can also buy various liqueurs (flavoured with myrtle, plum, citron or chestnut), the only Corsican whisky (yes!), and the vaulted wine cellar has an impressive selection of Corsican wines - what about a Gentile Noble, a Clos Canarelli or a Domaine Torraccia to spoil the ones left at home?

Getting There & Away

service to Aléria from Corte (€10) on Tuesday, Thursday and Saturday in July and August, and daily from Monday to Friday during the school period.

Rapides Bleus Corsicatours (2 04 95 31 03 79, 04 95 70 10 36) Bastia-Porto-Vecchio via Aléria (twice daily except Sunday from mid-September to mid-June, twice daily from mid-June to mid-September). Aléria-Bastia costs €11 and Aléria-Porto-Vecchio is €11.50.

Transports Tiberi (204 95 57 81 73) Solenzara— Bastia via Aléria (€11, daily except Sunday).

KIT-OFF CORSICA

If you've come to Corsica to lose your inhibitions then Aléria is a good place to start. There are 20km of naturist resorts and villas in a, ahem, strip, heading south along the N198 between the turn-off for the D71 (towards Cervione) and the tourist office at Aléria. No sniggering at the back now.

The pick of the bunch is Riva Bella (2004 95 38 81 10; www.rivabella-corsica.com; treatments 9am-1pm & 3-8pm Apr-Oct), which has comfortable bungalows located on the beach and specialises in massage and hypoallergenic treatments.

GHISONACCIA

Let's face it: searching for a suitable adjective that's not pejorative to describe Ghisonaccia is a challenge. We'll settle for 'desultory'. Approximately halfway between Bastia and Bonifacio, this half resort-, half agro-town is strung along the monotonous N198, with no real attractions to catch the eye.

It's not all that bad, though. Due to the dynamic local tourist office, it has perked up considerably in recent years and now makes a convenient, if not glamorous, base from which to explore the coast. There are also several enticing beaches a mere 4km to the east, including Plage de Tignale and Plage de Pinia. It's also supremely well placed for forays into the hinterland, and offers lots of accommodation options for families, with a host of résidences de vacances and camping grounds.

For a back-to-nature experience, the **Étang** d'Urbino, which is similar to the Étang de Diane (p229) is worth checking out. About 5km north of Ghisonaccia, it's a vast saltwater lagoon where ovsters and mussels are farmed.

The helpful tourist office (04 95 56 12 38; www .corsica-costaserena.com; rte de Ghisoni; 🔄 9am-12.30pm & 2-7.30pm Mon-Sat, 9.30am-12.30pm Sun Jul & Aug, 9am-12.30pm & 2-6pm Mon-Fri in low season) is across the street from the Casa Maria Cicilia hotel.

Sleeping

Camping Arinella Bianca (04 95 56 04 78; www .arinellabianca.com; rte de la Mer; 2-personcamp sites €20-33; Apr-mid-0ct; () A flashy four-star camping ground, right on Plage de Tignale, with loads of amenities, including a glistening pool and a restaurant, and plenty of shade. It's unsurprisingly packed to the gills in summer. It also rents bungalows by the week.

mariacicilia.com; rte de Ghisoni; d €59-124; 🔀 🚨) After a complete make-over in 2006, the Casa Maria Cicilia is now one of the major players in the area. Spruce rooms, shiny-clean toilets, blondwood fittings, cream bedspreads, flatscreen TVs, wi-fi, air-con and well-sprung mattresses are the order of day here. All the perks of a three-star, including a licensed bar and a restaurant. One negative: its location is dull - it lies near the main intersection.

Chambres d'Hôtes Annonciade Prieur () /fax 04 95 57 43 83, 06 24 29 58 84; Villa le Cèdre Bleu, Vix-Ventiseri; d €65-85; ♠) This adorable B&B seduces all who stay. There's a fresh, modern feel and the attention to detail is impressive. The three rooms are coolly tiled and are decorated in soothing pastels with matching linens and fluttering voiles, nice prints on fresh walls and pale exposed beams. The hosts occupy a separate building, so if privacy is at a premium, this place is hard to beat. Breakfast is served under a gazebo-like building by the lovely pool in the garden - bliss! Madame is intent on promoting the underrated Costa Serena, and has itineraries for your deeper discovery of secret delights. Beaches are a short drive away. A peaceful place perfect for a civilised holiday in the area. It's about 6km south of Ghisonaccia, off the N198.

Eating & Drinking

La Ferme d'Urbino (a 04 95 57 30 89; Étang d'Urbino; mains €8-16, menus €10-20; May-Sep) With a lovely position opening out onto the Étang d'Urbino, this sprightly eatery consistently delivers quality meals with a minimum of fuss. Its forte? Well-priced, divine pots of mussels. It also offers friture (deep-fried fish), oysters and grilled fish. Brilliant value.

mains €9-20, menus €19-26; Apr-mid-0ct) This chic paillotte slap on Plage de Tignale woos diners from afar. Nab a seat on the breezy alfresco deck and tuck into delicious fish dishes, such as tuna, sea bream or sea bass.

A Tribbieria - Pasquale Paoli (a 04 95 56 37 23: Casamozza: Y Tue-Sun) If A Tribbiera didn't exist. someone would have invented it. The closest thing eastern Corsica has to a Corsican pub, it certainly has novelty value. Here's your chance to sample unique, homemade nectars (there's an attached brewery), flavoured with arbutus berry, Corsican honey or clementines, served by the mezzu (25cL), pinta (50cL), carafon (1L) or funtana (2L). It's not all about the beer though; convivial socialising is a mainstay in the sunny courtyard or inside the big main bar. On Friday you could be entertained by live music. It's in Casamozza, about 3km south of Ghisonaccia, on the N198 - you can't miss it.

Entertainment

Le G (**a** 04 95 56 20 30; rte de la Mer, Ghisonaccia; **?** Jul & Aug) If you want to tear it up on the dance floor, head to Le G. In high season it's usually packed to the rafters with fun-seekers of all backgrounds and nationalities, all jostling shoulders with a minimum of worries. Whether you're into electronic soundscapes or R&B, Le G has a gig for you.

Getting There & Away

Rapides Bleus Corsicatours (a 04 95 31 03 79, 04 95 70 10 36) Bastia-Porto-Vecchio via Ghisonaccia (twice daily except Sunday from mid-September to mid-June, twice daily from mid-June to mid-September). Transports Tiberi (a 04 95 57 81 73) Solenzara-Bastia via Ghisonaccia (daily except Sunday).

LE FIUMORBU

If you need a break from the hurly-burly of the coast, here's the antidote. West of Ghisonaccia, the Fiumorbu doesn't have anything particularly fantastic to offer, but it is certainly worth a detour if the trials of the coastal cities start to overwhelm vou. Because it's not promoted heavily as a tourist destination, this microregion remains largely overlooked by visitors. It is well known among walkers, though, because it's traversed by the Mare a Mare Centre trail (p76).

With its cluster of villages perchés, built like eagles' nests on hilltops or nestled within dense forests, you'll enjoy unparalleled views of the coast. And, man-oh-man, lots of hush and seclusion. To get there from Ghisonaccia. you could take the D145 inland and follow your nose. All you need is a good touring map (see p259). Of course, some words in French for directions always help. Head to Pietrapola, famous for its thermal baths, then make your way to San Gavinu di Fiumorbu, clinging to a hillside at the curve of the valley. You could also drive up to Isolaccio di Fiumorbu, the highest village of the area, at an altitude of 700m, or pull over for a gentle stroll in Prunelli di Fiumorbu, the most distinctive village perché in the area.

Horse riding in the area is available at Ranch **Évasion** (**a** 04 95 57 37 13; Ghisonaccia), based in Ghisonaccia.

Allow one or two days to soak up the atmosphere of this intriguing region.

Sleeping & Eating

Gîte d'Étape de Serra di Fiumorbu (a 04 95 56 75 48. 06 81 04 69 49; Serra di Fiumorbu; dm with/without half-board €28/10; (♀) mid-Apr-Sep) A night halt on the Mare a Mare Centre trail, this gîte is housed in a converted primary school. It's nothing fancy but will do for a night's kip, with uncluttered four- to nine-person dorms and OK shared bathrooms. There are self-catering facilities.

Gite d'Étane de Catastaju – San Gavinu di Fiuconverted primary school. It's nothing fancy

Gîte d'Étape de Catastaju – San Gavinu di Fiumorbu (2 04 95 56 70 14, 04 95 56 74 97, 06 79 74 81 58; San Gavinu di Fiumorbu: dm with/without half-board €32/12:

THE AUTHOR'S CHOICE

Prunelli di Fiumorbu; s with shared bathroom €40-50, d with shared bathroom €50-60) Swap stress for bliss at this Tuscany-style palazzo smack dab in Prunelli di Fiumorbu. The three gleaming rooms, offering a fine sense of individuality, swim in light and are designed to spoil you rotten. Expect unremitting comfort: oak parquet, period furnishings and excellent bedding - not to mention ravishing views over the valley. Bathrooms are shared but that's a minor inconvenience when you factor in all the positives. Breakfast is served in an atmospheric room or on the terrace. A dream-come-true chambres d'hôtes at prices that won't make you flinch.

Apr-0ct) A great place to commune with nature. Set in a converted hydroelectric station, this gîte d'étape on the Mare a Mare Centre trail (stage two) is tucked away 3km from San Gavinu di Fiumorbu in a glowingly verdant forest. It features well-kept four- to 10-bed dorms and prim bathrooms. Fancy a dip? The vasques (natural pools) of the Abatescu River are just beside the building. Top that off with the motherly welcome of Madame Paoli, who is a good cook too (mains €10 to €20) - try her simple but stupendous gâteau du pauvre ('poor man's cake'), flavoured with orange jam – and you have a gîte that beckons you to stay for a few extra days.

Caffè Buttéa (204 95 56 74 75; Prunelli di Fiumorbu; mains €8-13) An agreeable bistrot de village, with limited choice but excellent cuisine. Hoe into their filet mignon de porc aux figues et pistaches (tenderloin of pork with figs and pistachio) or the homemade vegetables terrine, all prepared with great finesse. Décorwise it's very simple, with plastic chairs on the terrace and a modest interior. A good surprise.

SOLENZARA

In the charisma stakes, Solenzara's heavily trafficked centre and bland buildings strung along the N198 come a very poor second to the picture-postcard beauties further south -Porto-Vecchio and Bonifacio. Although this seaside town is not arrestingly picturesque, it's important not to judge it too early. There have been successful efforts to smarten it up,

and it shows. The lively marina is a good place to watch the world sail by, and Solenzara is blessed with lovely beaches to the south - not to mention a good deal of outdoor activities and a hatful of well-regarded restaurants.

It's also optimally placed for explorations of the coast and forays into the Alta Rocca - via the sensational rte de Bavella (p234) that connects Solenzara with Col de Bavella.

The helpful tourist office (04 95 57 43 75; www .cotedesnacres.com; 9am-8pm Jul & Aug, 9am-noon & 3-7pm Jun & Sep, 9am-noon & 2-5pm Mon-Fri in low season) is on the main drag. You'll also find banks with ATMs.

Sights & Activities

Beaches are Solenzara's main raison d'être. The half-moon-shaped Anse de Canella wouldn't be out of place in the Caribbean, while the much-photographed Anse de Fautea, about 18km south of Solenzara, has the additional bonus of a Genoese watchtower. Anse de Tarco and Anse de Favona are also worth investigating. All are OK for swimming and sunbathing.

Renting a boat is a heavenly way to approach the beaches and explore the coast at your leisure, far from the jam-packed coastal roads. Corse Pneu'marine (04 95 57 10 94; www .corse-pneumarine.fr; Plage de Favona), based at Anse de Favona, rents outboard-powered boats (no boating license is required) for €100 for the full day. Petrol is extra. The boats can seat up to four passengers. Don't forget your snorkelling equipment.

Horse riding is another fun way to experience the visual appeal of the area. If you've ever fancied riding along the beach by moonlight or cantering across the sand on the edge of a turquoise sea, visit Ranch José (@ 06 22 62 91 18; Pielza), 5km north of Solenzara. The place offers horseback excursions for all levels of experience (from €20 for 1½ hours to €70 for a full day). It also has trips in the hinterland, near Solaro. In the Favona area, Ranch Bon Annu (20 06 74 30 29 70; rte de Conca, Favona) has guided trips in the maquis and gallops on the beach (€16 per hour).

For Tarzan types, the Parc Aventure de la So-has three adventure circuits in a eucalyptus forest, including a very secure one for the kiddies (minimum height is 1m). The most thrilling circuit boasts four tyrolean slides, including a 120m one over the Solenzara River.

Sleeping

73 37 14 87; Solaro; dm €18) This newish gîte, right in the centre of Solaro, 8km west of the N198 (take the D845 inland from Marine de Solaro, 3.5km north of Solenzara) has meticulously maintained four-bed rooms and boasts divine views over the coast. There's an attached restaurant, with a standard menu Corse (€16). Breakfast (€4) is served on a shady terrace or inside an exposed-brick dining room.

Hôtel Orsoni (a 04 95 57 40 25; www.hotelorsoni.com rte Principale, Solenzara; d €42-57;

Apr-mid-Oct) The family-run Orsoni is a dandy little performer in Solenzara's accommodation scene, with 10 uncluttered but neat rooms, firm mattresses and an old-fashioned model of tiles on the floor (white with black dots). The cheaper rooms have shared bathrooms. Room 2 is cute as a button. One grumble: bathrooms are on the small side. Half-board is mandatory in August (from €110 for two people).

.com; rte Principale, Solenzara; s incl breakfast €58-92, d incl breakfast €62-96; 🏵 mid-March-Oct; 🔀 🔊) Deservedly three-star, this stately old-timer is distinguished by the elegance of its setting - it occupies an ancient Genoese villa dating from the 18th century - and mixes modern and old décors in a self-assured feast for the eyes. High ceilings, ancient tiles, exposed beams and all mod cons, including air-con. The real clincher

is the kidney-shaped pool that overlooks the sea - so exotic.

Eating RESTAURANTS

Restaurant Casa Corsa (mains €8-15, menus €20-30; Jun-Sep) Run by a daughter of the family-run Hôtel Orsoni, this restaurant is located next to the hotel's reception. The menu focuses on grilled fish and meat dishes. The lovely tiled floor is also worth a gander.

La Fonderie (a 04 95 57 42 47; port de plaisance; mains €9-20, menus €15-23;
 May-Sep) A fine-dining establishment serving an array of refined dishes, this is a welcoming place just perfect for that special meal. Can you resist a menu that includes gigot d'agneau confit (leg of lamb cooked in its own fat), gâteau d'aubergine au brocciu (eggplant terrine with brocciu) and filet de daurade (sea bream)? At least we couldn't. Should you still have a spare cranny to fill, the pannacotta aux fruits rouges (an Italian-style custard with fruits of the forest) or the chestnut flan are criminally good. You want more? Give up wanting; there's nothing more to want. On the marina.

A Mandria de Sébastien (04 95 57 41 95; mains €10-16; Apr-Dec, closed Mon & Sun dinner) Stepping through the doorway of this converted bergerie (shepherd's hut) at the northern entrance to town is like zapping away a century. The walls are beguilingly adorned with ancient

BACKROADS: VALLÉE DU TRAVO - A HIDDEN GEM

If the Casinca or the Fiumorbu have whet your appetite for eastern Corsica's hidden splendours and you're craving another bite, then head south for 12km from Ghisonaccia along the N198 and turn right on to the D645. The village of Chisà emerges like a hamlet in a fairy tale after 15km of tight bends on a corniche along the Travo Valley. One of the most isolated villages in eastern Corsica, it offers one of the most thrilling Via Ferrata circuits in Corsica, U Calanconi, which includes an adrenaline-pumping 230m tyrolean slide, a 50m Himalayan bridge and various vertical ladders (for experienced climbers only). It costs €23 per person. Gear is included. Inquire at the Gîte d'Étape Bocca Bè.

In the mood for a dip? There are some enticing vasques (natural pools) at the foot of the bridge, at the entrance to the village. But the jewel in the crown lies about 1.4km to the east (from the bridge); a big pine tree and an electric pole to the left of the roadside, just before a small, unofficial parking area, serve as landmarks; from there, a narrow, steep path leads down through the maquis to the best vasques imaginable, where you can lounge in crystal-clear waters or work on your sun tan lying on perfect stone slabs... Bring a picnic!

In Chisà, you can hunker down in the ultrabasic Pension-Restaurant U Chisà (a 04 95 57 31 06; Chisà; r with shared bathroom €25; Y Jul & Aug), which also serves up meals (mains €6 to €11), or in the much more appealing Gîte d'Étape Bocca Bè (a 04 95 56 36 61; Chisà; r per person with half-board €33), which lies just opposite the kiosk booth marking the start of the Via Ferrata.

For more information on this little charmer, check out the website www.villagedechisa.com

tools and other knick-knacks. In summer, tables line up under a pergola in the garden. Bona fide carnivores will find nirvana here; meat (lamb or beef) is grilled to perfection and the local charcuterie (panzetta, figate #u) is faultless. Service could use a little improvement, but once you taste the food you'll forget how long it took to arrive. Credit cards are not accepted.

QUICK EATS & SELF-CATERING

A Buttega di A Mandria (© 04 95 31 59 35; rte principale; © Tue-Sun Apr-Oct) A recently opened local produce store and a wine bar, on the main drag, run by Sébastien of A Mandria de Sébastien (p233).

Getting There & Around

It's worth knowing that during July and August shuttles buses ply the route between Travo and Tarco (€3, valid for one day, three times daily) and serve all the beaches in between. Other useful services:

Transports Tiberi (**a** 04 95 57 81 73) Bastia—Solenzara (€14, daily except Sunday).

FROM SOLENZARA TO BAVELLA

Now, take a deep breath. The D268, which connects Solenzara with the Col de Bavella, 30km to the west, ranks as one of the most dramatic mountain roads in Corsica (and this is saying a lot!). The net change of elevation is 1218m up and the surrounding grandeur is incomparable.

The first 8km are delightful. From the coast, the Solenzara River valley slithers into the mountains. The road follows the wide stony bed of the river and goes past numerous

vasques that look like something out of a tonic drink advert, with mountains rising gloriously on all sides. Immediately after Camping U Rosumarinu, the Corsica Forest Parc Aventure (**a** 06 25 97 27 95, 06 16 18 00 58; www.corsica-forests .com; rte de Bavella; adult/child €17/14; May-Sep) is a definite must-do for those who want to see the valley from a different perspective. With 25 fixtures, including a gut-wrenching 250m tyrolean slide over the river, it looks like something straight out of Dr Seuss. Fear not, you'll start with a 10-minute crash course. There's a 'baby parc' for the kiddies (€8). The site also comprises a superb Via Ferrata circuit, A Buccarona (adult/child €17/14), which is no less impressive.

The ensuing ascent is steep and steady, until you reach **Col de Larone** (608m). A 13km series of intestine-like S-curves offers an ever closer and more dramatic look at the saw-toothed Aiguilles de Bavella. The Col de Bavella (1218m) is the perfect finale to this memorable ascent (see p217).

Sleeping & Eating

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孤独星球出版物东部科西嘉岛孤独星球.com

科西嘉岛东部不像西部科西嘉岛那样游客众多,游客在前往更偏远的旅游目的地时往往会忽略它。这是一种遗憾(或是一种祝福,取决于你的观点),因为那里有足够多的东西可以激发你的想象力。当然,从巴斯蒂亚延伸到索伦扎拉的沿海平原对某些人来说可能显得单调乏味,有一系列玩具城般的海滩开发项目,但绝对不容小觑。那里有一些历史悠久的城市,如前罗马首都阿尔里亚,以及数英里的海滩海岸线。

沿海平原是探索神秘内陆地区的最佳出发点:

莫里亚宁库、卡辛卡、菲乌莫尔布和卡斯塔尼西亚。任何想要近距离一窥更传统的科西嘉岛的人都应该参观这些美得令人生畏的微型地区,

那里的风景基本保持原样,人们也不受快速生活方式的影响。在无数的山谷和山脊中,隐藏着保留着粗犷的乡村风情的僻静小村庄。这片土地上纵横交错着蜿蜒曲折 的道路,

蜿蜒在山脊周围, 陡峭地下降到森林茂密的栗树山谷,

并提供了令人心旷神怡的景色。如果这还不够,这里还有美食盛宴:

丰富的美食场景和诱人的房间,价格都低得惊人。

东部亮点扮演印第安纳琼斯在 Via Ferrata A Buccarona 或 Corsica Forest Parc Aventure 体验刺激 (p234)牡蛎和贻贝在 tang de Diane (p229)或 tang drbi no (p231)享用新鲜海鲜清凉一夏在 Solenzara 海滩 (

p232)或清澈见底的 Solenzara 河 (p234)休息体验过去在 Morosaglia 的 La Maison Natale de

Pascal Paoli (p227) 窥探 Paoli 传奇拉力赛系好安全带,在 Morianincu (p222) 或 Rustinu (p227) 的山路上颠簸快点! 骑马探索神秘的 Castagniccia (p225) 或 在月光下沿着荒芜的海滩疾驰(

p232) Corse Profonde

开车穿过鲜为人知的 Fiumorbu 村庄(

p231) 或开车前往世界尽头的 Chis (p233) 在 Valle du Travo Corsica Forest Parc Aventure Via Ferrata A Buccarona & Solenzara River, Solenzara Le Fiu morbu Chistang d'Urbino tang de Diane Le Morianincu Le Rustinu La Castagniccia Morosaglia 218 219 东方东方 aloneplanet.com 东方在 lonely planet.com 在线预订住宿

LA CASINCA 睡眠 LA CASINCA

从未听说过这个微型区域?您可以原谅,因为这一定是岛上人迹罕至的地区之一如果您想独自离开,这是一件幸事。位于北部的 Golo 河和

Castagniccia 之间南部的卡辛卡是一处鲜为人知的秘密,距离巴斯蒂亚不到一小时车程。它由一串串小村庄组成,这些村庄坐落在栗树和橄榄树的森林中,高大的石屋俯瞰着东部平原。时间似乎在岛上的这一部分静止了。这里没有主干道,只有穿过迷人定居点的次要道路,提供令人满意的风景优美的驾车路线,以及平原和第勒尼安海的壮丽景色。一张好的公路地图是必不可少的,IGN Bastia Corte (1:100 000)就很好。从托拉沿 D237 向西行驶,道路陡峭地攀升至山顶的 Vescovato。维斯科瓦托曾经是一座设防的城镇,15 世纪时曾是主教宫殿的所在地。小巷、阶梯、被一排梧桐树遮蔽的热闹的中央广场以及简朴而地道的咖啡馆,维斯科瓦托魅力无穷。一定要去看看建在小露台上的巴洛克式圣马蒂诺教堂。再走 3 公里,您将到达另一个风景如画的村庄文佐拉斯卡,在那里您可以欣赏巴洛克式的圣露西教堂,其细长的尖顶是方圆数英里的主要地标。洛雷托迪卡辛卡也令人难以忘怀,这座村庄位于山脊上,景色壮观,可以俯瞰整个地区。除了平原和大海的绝妙景色外,村庄的焦点是被梧

桐树环绕的美丽广场。返回 Venzolasca,然后前往 Penta-di-Casinca,那里有另一座精美的巴洛克式教堂和令人惊叹的片岩建筑。从 Penta-di-Casinca 出发,D206 将带您沿平原向下,经过 Castellare-di-Casinca 到达 N198,这里有一座美丽的 10 世纪教堂 San Pancrazio,以其三重后殿而闻名。

住宿

Chambres dtes A Stella Serena (%/传真 04 95 36

65 29; Torra; d 50) 这家古怪的 B&B 距离 Torra 环形交叉路口约 300 米,让您宾至如归,轻松随意。法裔美国夫妇 Jacques 和 Sharon 对该地区非常了解,并用书籍、木雕、帽子和其他小摆设装饰了他们的房子。有三个紧凑的房间,共用浴室和阴凉的露台。这里绝对比私密更欢乐,但在这个价格下我们没有什么可抱怨的。提前 预约从 Casamozza 火车站接客。Chambres dtes Domaine de Valle (%04 95

38 93 03; domaine. valle@wanadoo. fr; Querciolo; d 60)

虽然是最近建成的,但这栋漂亮的房子却不失魅力。它坐落在一片广阔的土地上,周围种满了橄榄树和柑橘树。四个房间都无可挑剔,配有古老的瓷砖和崭新的浴室。 和蔼可亲的主人出售一些优质的自制橄榄油。位置方面,它位于 Querciolo,距离 N198 约 100 米 (但没有什么噪音),距离最近的海滩有 4 公里。饮食

Lrtu (%04 95 36 64 69; rte de Venzolasca, Vescovato;

主菜 7-17, 菜单 18;周三至周日 6 月至 9 月;v)你知道吗? Lrtu 自称是 io-vgtarienne(有机素食)美食的圣地。胡萝卜、奶酪、豆腐煎饼、意大利面条和其他 美食占据主导地位,包括小牛排。这家另类的旅馆周围全是木头,像谷仓一样,看起来像瑞士小木屋,拥有一种摇摇欲坠的魅力。预订是必不可少的。Chez Mathieu(电话: 04 95 36 53 76; Venzolasca 海滩; 主菜 9-20; 五月至九月)科西嘉岛有几十家 paillottes(海滩餐厅),Venzolasca 海滩上的这家餐厅有什么特别之处? loup g rill (烤鲷鱼),我的朋友们,loup grill (15)。这里还提供制作精良的比萨饼、沙拉和肉类菜肴。U Rataghju(: 04 95 36 30 66; Loreto di Casinca; 菜单

23; h 四月至十月)这个地方充满了昔日的科西嘉岛风情。餐厅位于一座古老的栗子烘干机内,复古风格令人喜爱,有坚固的桌子、横梁天花板、古董家具和花岗岩墙壁,墙上装饰着武器、古代工具和各种手工艺品。

食物方面,可以期待丰盛的科西嘉菜肴,如熟食、丰盛炖菜和炸西瓜(西瓜油炸饼)。街对面还有第二间餐厅,虽然不那么有特色,但可以欣赏到平原的壮丽景色。Ferme-Auberge U Fragnu (%04 95 36 62 33; Ven-

zolasca; menu 37; hdinner 七月 &八月, dinner 周四至周六,

27km);波尔图-韦基奥 (70km)Ghisonaccia (10km);Solenzara 至 L'tang d'Urbino (2km);至 Corte (10km)(35km)(20km)至 Corte Leccia (10km)至 Ponte 至 Ba stia S E A T Y R R H E N I A N de Diane tang Gavignano Borgo Pie d'Orezza di Moriani San Giovanni Stoppia Nova Rumitoriu Campile Folelli Valle d'Al esani Valle di Campoloro Santa Maria Poggio San Nicolao Valle d'Orezza d'Orezza Parata Monacia Piazzole Campana Verdse di Moriani Santa Reparata di Moriani Santa Lucia Talasani Castellare-di-Casinca Penta-di-Casinca Ortiporio Bisinchi Pastoreccia Rustinu Valle di di Cotone Rapaggio Moriani-Pla ge d'Alria Marina d

i-Gaggio Piedicorte-San Pellegrino Loreto-di-Casinca Casamozza Alria Carcheto Piedicroce La Porta Morosaglia Sant'Andria Torra Rottani Linguizz etta Cursigliese Prunete Cervione Chiatra Pietra di Verde Ortale Novale Croce Ficaja Querciolo Vescovato Zalana Tallone Pianiccia Mota d'Orezza 修道院 Chapelle Sainte-Christine d'Orezza Alesani 水修道院 St-Francois Tour de Diane Bravone Tour de Fort de Matra 科西嘉地区自然公园科西嘉地区公园科西嘉地区公园科西嘉自然公园(985 米)普拉托山口(1218 米)圣安杰卢山口阿卡罗塔山口(819 米)(1767 米)佩特罗内山口圣圣阿皮亚山口(1093 米)(684 米)穆罗内山口蒂维乌达勒

博齐乌勒鲁斯廷努勒莫里安尼卡斯塔格尼西卡奥埃尼奥阿尔佩拉奥埃尼奥阿尔 P 拉卡西尼奥阿尔帕乌塞卢利纳瀑布菲乌姆阿尔托勒戈洛瀑布 Tavignano Riva Bella 位于 Bravone Centre de Tourisme Plage de Padulone Moriani Plage de D15 D206 D330 D34 D34 D146 D46 D71 D15 D116 D14 N200 N198 D517 D71 D71 D71 N19 8 D506 D237 N193 N198 Castagniccia Corniche de la THE EAST 4 英里 0 8 公里 0 220 221 T H E E A S T

LA COSTA VERDE Moriani-Plage

在 lonelyplanet.com 在线预订住宿

THEEAST

在 lonelyplanet.com 在线预订住宿 LA COSTA VERDE Corniche de la Castagniccia

午餐时间: 9 月周日和 11 月中旬) 这家声誉卓著的 ferme-auberge 酒店在氛围和装饰方面都颇有建树。

但值得长途跋涉吗? 当然值得。

舒适、传统的餐厅围绕着一个巨大的橄榄压榨机而建,是另一个时代的美味遗迹。它专注于传统的科西嘉美食:浓汤、橄榄小牛肉、熟食、

奶酪,还有栗子面蛋糕。带上空腹,因为您将先离开。必须预订。

LA COSTA VERDE

Costa Verde 拥有不平衡的魅力,这可以归因于其分裂的性质。虽然这个小区域的沿海部分没有什么值得大书特书的,但腹地却美得令人眼花缭乱,拥有壮丽的风景、坐落在山脊上的村庄和许多历史悠久的宗教建筑。虽然距离巴斯蒂亚不到半小时车程,但科西嘉岛这个不为人知的角落却远离了许多旅行者的视线(我们没有抱怨)。

另一个吸引人的地方是这里有许多价格合理的酒店、优质餐厅和可爱的小房间。带上一张好地图,现在轮到你开始探索了。信息

Costa Verde 旅游办公室 (: 04 95 38 41 73; www

otcostaverde.com; N198, Moriani-Plage; 旺季开放时间为上午 9 点至晚上 8 点)位于 Moriani-Plage 的主干道上,是有关该地区有用信息的源泉。 Moriani-Plage 设有自动取款机。

到达和离开往返于 Bastiaorto-Vecchio 路线的巴士在 Moriani-Plage 停靠(见第 208 页)。从巴斯蒂亚到 Moriani-Plage 的车程票价为 7。MORIANI-PLAGE 距离巴斯蒂亚以南约 40 公里,这个相当不起眼的度假小镇可能是您第一次看到 Costa Verde。它由现代建筑、纪念品商店、超市和咖啡馆组成,散布在 N198 沿线。虽然它不会让人心潮澎湃,但 Moriani-Plage 拥有不错的海滩,如果您想戏水,并提供有用的服务,包括旅游办公室和带有 ATM 的银行。它也是探索 Morianincu 最明显的出发点。啊,Morianincu 睡觉和吃饭

Merendella (%04 95 38 53 47; www. merendella. com;

Moriani-Plage:camp 成人/汽车/帐篷的露营地 7.50/3/3:

hmid-Mayep) 这是方圆数英里内最好的露营地,设施齐全,位置优越,位于海滩旁的广阔公园内。树荫众多。

Casa Corsa Chambres dtes Doumens (/传真 04 95 38 01 40,06 25 89 89 32; www.casa-corsa.net; Casa Corsa, Acqua Nera Prunete; d 56-62) 真是个好地方! 这栋赭石色的现代房屋给人一种时尚的普罗旺斯感觉。六间茧型房间装饰着许多装饰元素,如陶土砖、栗木横梁、彩色墙壁和彩色床罩。

有一个美丽的花园,您可以在其中闲逛。早餐丰盛,在藤蔓覆盖的漂亮凉亭下供应。如果您想游泳,只需慢跑五分钟即可到达 Prunete 海滩。如果 Doumens 会说几句英语就好了!它位于 Moriani-Plage 以南 6 公里处,距离 N198 约 100 米,可通过土路抵达。

U Lampione (: 04 95 59 08 87; Rte du Village, Moriani-Plage; 主菜 15-22, 菜单 18; 淡季周日休息)

U Lampione 是 Moriani 最好的用餐场所之一,拥有迷人的藤蔓遮蔽露台和带木制家具的时尚餐厅,两者都为品尝精心烹制的肉类和鱼类菜肴提供了完美的环境。 尝尝非常嫩的薄片或菲力牛排(牛扇贝或牛里脊)。您可以点一瓶当地葡萄酒(15 美元起)来庆祝您来到这里。不,它不在海滩上,而是在通往圣尼古劳的路上,距 离主要十字路口约 400 米。

LE MORIANINCU

想去绿色王国、郁郁葱葱的土地、青翠的森林和巍峨的山丘吗?

Morianincu 提供所有这些,还有非常悠闲的氛围。这个微型地区可能只是地图上的一个小点,但它却有着丰富的特色和美学吸引力。

它散布着一系列村庄,这些村庄位于 Moriani-Plage 以西弯曲的山丘上。

其朴素的外观、杂乱无章的片岩屋顶和钟楼俯瞰着茂密的森林和连绵起伏的山丘,蓝宝石般的大海构成了完美的背景。

从 Moriani-Plage 出发,D34 蜿蜒向上,到达 San Nicolao,那里的主要亮点是其巴洛克式教堂。从那里,您可以轻松到达位于山脊上的 Santa Lucia di Morian i。继续前行,到达 San Giovanni di Moriani,其主要景点是 St-Jean 教堂 33 米高的细长钟楼。在 D34 的尽头,圣雷帕拉塔迪莫里亚尼(Santa Reparata di Moriani)给人一种世界末日的感觉,对那些寻求和平与孤独的人很有吸引力。返回圣尼古拉奥(San Nicolao),然后沿着 Corniche de la Castagniccia(见右图)前往 Cer vione。Morianincu 是徒步旅行者的天堂,拥有连接大多数村庄和景点的远足小径网络。Randonnes dans le Morianincu 传单可在 Moriani-Plage 的旅游办公室或 Santa Reparata di Moriani 的 gte dape Luna Piena(见下文)获取。想在茂密的栗树林中骑马吗?Les curies de la Costa Verde 骑马中心

04 95 30 64 39,06 14 55 89 01; Moriani-Plage;

http://ecuriescostaverde.free.fr 法语),位于 Moriani-Plage 的北部入口处,提供带导游的骑行,可游览 Morianincu 村庄,2 小时 25 分钟)。在 Moriani-Plage 的海滩上还有令人兴奋的骑马活动。对于小朋友,还可以骑小马,每小时 10 美元)。睡眠和饮食

Gte dape Luna Piena (Santa Reparata di Moriani; dm 含/不含半膳 30/11; h4 月至 10 月)如果您正在寻找一些安静和隐居的地方,那么这个位于 D34 尽头的石屋中的美妙的 Gte dape 是放松身心的理想场所。两到四张床的宿舍保持整洁,共用浴室一尘不染,提供餐点(菜单 14 至 23)我们有没有提到这里迷人的环境,以及大量的绿植?点一杯甜美的当地饮品,在栗树的树荫下放松。在该地区徒步旅行非常壮观。

Htel-Restaurant Le Belvdre d Catarelle

04 95 38 51 64; www.corsica-catarelle.com; San Gio-

vanni di Moriani; r 60-120, 每人半膳 65;

h Jul & Aug;p)说到科西嘉特色菜,活泼的主人 Maddy 可谓是了如指掌:她写了一本烹饪书,介绍久经考验的食谱。不知道 buglidicci 是什么?是时候亲身体验一下了。或者您可以选择 canette farcie au magret et clmentine Corseconfite (小鸭配蜜饯柑橘)。

另一个吸引人的地方是露台(可惜是塑料椅子),可以欣赏到 Morianincu 和大海的壮丽景色。酒店部分同样诱人。所有房间都令人赏心悦目,但您需要爬上一些陡峭的楼梯才能到达最豪华的套房 nne,套房设有倾斜的横梁天花板、温暖的织物和露台。它欢迎同性恋。欢迎骑自行车的人。从 San Giovanni di Moriani 出发,按照指示牌前行。Cava(: 04 95 38 51 14; San Giovanni di Moriani; 主菜 9-17,菜单 23;周二至周日 6 月至 9 月)一眨眼,您就会错过这家典型的科西嘉小餐馆的小入口。这是旅游指南作者不愿在书中介绍的地方,因为他们担心下次来的时候找不到座位。它并不奢华,但所有东西都是用当地农产品制成的。如果您想要推荐,请

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