

# Walking in Corsica

## July 2015

p87 the bridge over Riviera St Antoine is no longer there so be prepared to wade over or balance on stepping stones. Further on the way has been rerouted via Chapelle St Marie en route to Quenza.

p118 Walk 8 the ford is now a bridge

p140 the Mare-Mare Sud out of Quenza has been rerouted via Chapelle St Marie and the bridge over Riviera St Antoine is no longer there so be prepared to wade over or balance on stepping stones

(Thanks to Wanda)

## Sept 2014 Corsica Health warning - from Centre for disease control and prevention

Updated: August 04, 2014

According to the European Centre for Disease Control 6 people were infected with schistosomiasis on the island of Corsica (France). All of the travellers were exposed to the freshwater in the Cavu River and had not traveled to other areas where schistosomiasis is known to occur.

CDC recommends that travellers to the island of Corsica avoid exposure to freshwater to prevent schistosomiasis.

What can travelers do to protect themselves?

There is no vaccine or medicine to prevent schistosomiasis. If you are in an area where schistosomiasis occurs, you should avoid having your skin exposed to freshwater sources, such as lakes, rivers, ponds, and wetlands. If you get potentially contaminated freshwater on your skin during a trip to areas where schistosomiasis occurs, talk to your doctor about getting tested and treated.

Avoid wading, swimming or bathing in freshwater in countries where schistosomiasis occurs.

Swimming in the ocean or in well-chlorinated pools is safe.

If you have to use freshwater, such as lake or river water, for bathing, treat the water in one of 3 ways to avoid infection:

Filter water with fine mesh filters (pore size of 30 µm or smaller) to remove the parasite.

Heat bathing water to 122°F for 5 minutes to kill the parasite.

Keep water in a storage tank for at least 24 hours before use to kill the parasite.

If you feel sick and think you may have schistosomiasis:

Talk to your doctor or nurse if you feel seriously ill, especially if you have a fever. Tell them about your travel. Describe in detail where and for how long you travelled,

and explain that you may have been exposed to contaminated water. Ask if you need to be tested for schistosomiasis.

## Sept 2014

page 43 Mare e Monti. Day 5

Day 5 Girolata to Curzu. The path has been redirected and now follows what is described as the variant in the 2013 reprint of our book. The original route is now abandoned and extremely overgrown, with some paths fallen away and sometimes no water available. Please do not use this original route from Girolata, which is now abandoned.

## July 2012

P139 The bridge over the river San Antoine has been washed away. When we were there last month the water was low enough to ford easily. It looks as though they are preparing to replace it.

## Sept 2011

Mare e Monti Day 6 - pp45-46 - the path has been rerouted and no longer touches on the D81 road. Follow waymarking carefully and you walk directly into the village of Serriera.

## September 2010

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The maps for Mare e Monti are sheets 4149OT, 4150OT and 4151OT

## July 2007

### **p69 and pp123-6**

The bridge over the River Tavignano is no longer a hanging structure, but has been rebuilt with steel and wooden beams.

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Updates from [Walking in Corsica](#)

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