The Gulf of Porto: Calanche of Piana, Gulf of Girolata, Scandola Reserve in a Unesco World Heritage site on the French island of Corsica. With its granite cliffs, chestnut forests, maquis and clear waters, the area is a stomping representative of the Mediterranean coastal.

**EXPEDITION | From diving to mountain-climbing**

**Site offers the double magic of land and sea**

The Gulf of Porto in Corsica: From red cliffs to turquoise waters, a natural ecological balance

**Free diving: Plunging into the ocean on a single breath**

Diving toward the ocean floor on a single breath is a challenge in Corsica and an experience for anyone. No风机, no glasses, no nitrogen in the blood… and no decompression sickness. The first step is to prepare the equipment and the human body. The second step is to clear the mind of all thoughts and concentrate on the present moment. The third step is to breathe slowly and deeply. The fourth step is to verify the regulation of the breathing. The fifth step is to dive and to enjoy the underwater world. The sixth step is to come back to the surface. The seventh step is to repeat the experience and to improve the technique.

The Gulf of Porto is a wonderful place for free diving enthusiasts, with a large variety of marine life and underwater landscapes. The diving conditions are ideal with clear waters, mild currents and a rich marine biodiversity. The visibility can reach up to 30 meters and the temperature is around 22 degrees Celsius. The diving sites are located in the area of Porto Garibaldi and the Scandola Nature Reserve, where the maquis and chestnut forests meet the blue sea. The diving spots include the Calanche of Piana, the Gulf of Girolata and the Scandola Marine Reserve. Each site offers a unique underwater environment with different marine species and landscapes. The Calanche of Piana is a limestone karst formation with eroded shapes that resemble eeriesh forms. The Gulf of Girolata is a narrow gulf with a deep channel and a strong current. The Scandola Marine Reserve is a protected area with a rich biodiversity and a diversity of seascapes.

**Escaping: From diving to mountain-climbing**

**Tides of time**

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E
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