

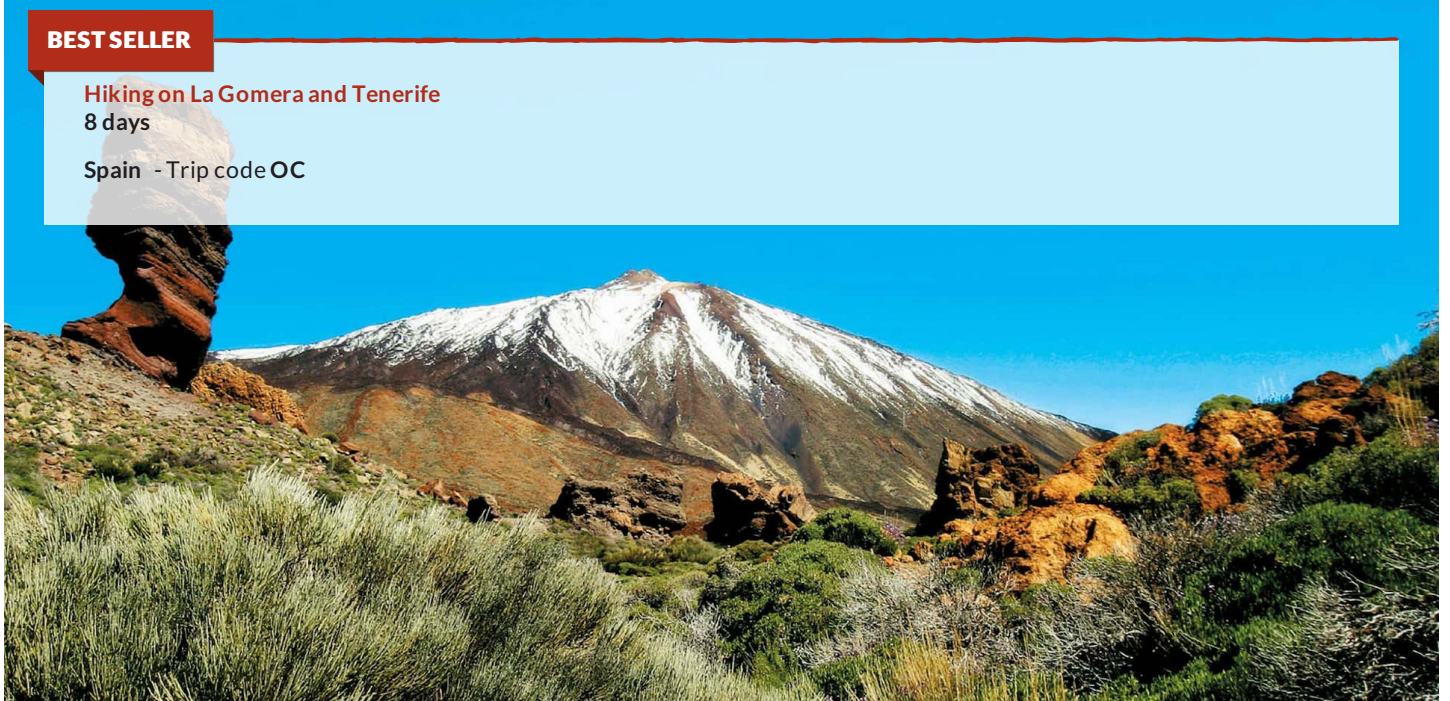
# EXPLORE!

**BEST SELLER**

## Hiking on La Gomera and Tenerife

8 days

Spain - Trip code OC



## Hiking on La Gomera and Tenerife

On this walking tour to the Canary Islands we explore the quiet island of La Gomera and the perfect volcanic cone of El Teide on Tenerife. On La Gomera we hike through varied and dramatic scenery including beautiful steep-sided valleys, quiet villages, black sand beaches and the verdant cloudforest of Garajonay National Park. The tour ends with a walk in El Teide National Park taking in the spectacular views of this iconic Tenerife landmark.

## Trip highlights

- ★ **Garajonay National Park** - Explore La Gomera's unique cloudforest
- ★ **San Sebastian** - La Gomera's lively and colourful port town
- ★ **Roque Cano** - Magnificent rock formation
- ★ **Playa Caleta** - Relax on this black volcanic sand beach
- ★ **Mount Teide** - Admire the views of this iconic volcano

### ACCOMMODATION GRADE:

#### Standard

Our standard, mid-range accommodation offers a good level of service, often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en suite facilities.

#### WALKING GRADE:

##### Moderate

For those who are fit and active, these moderate walks are normally on good paths and tracks at low altitude. Days may include some fairly demanding ascents and descents, so previous experience is preferable but not essential.

#### GROUP SIZE:

##### 10 - 16

Maximum group size ranges from between 6 to 20 people, depending on the type of trip, the transport and accommodation used and activities included. We rarely have groups that are smaller than five or six people and the average is 12 people plus an Explore leader.

## Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

### DAY 1 - Tour starts El Medano, Tenerife

Our tour starts in El Medano on the south coast of Tenerife, a short journey from Tenerife South airport (15 minutes) and Los Cristianos port (25 minutes). El Medano is a laid back coastal resort popular with locals and visitors, with a long, natural, golden sand beach stretching from the town square to the foot of Montana Roja (a local landmark and nature reserve), two further beaches and a choice of restaurants and bars. The beaches are particularly popular with windsurfers and kite boarders, and people wanting to avoid the bigger resorts.



**Accommodation: Hotel Playa Sur Tenerife** (or similar)



Standard Hotel



Single room available



Meals Provided: None

### DAY 2 - Ferry to La Gomera. Descend to Chejelipes via La Laja village

This morning we drive to the port of Los Cristianos and take a ferry to the green, verdant island of La Gomera. Docking in the small, pretty port of San Sebastian we immediately get an idea of the terrain, as impressive mountains loom up from the ocean behind the colourful town. After checking into our hotel we drive up to Collada de Peraza, the start of our first walk. From here we follow the trail down a winding stone-paved path, through a variety of vegetation including aloe and asphodel, and later pines and then palms. Our first view of La Laja village is with a beautiful backdrop of the domes of Los Roques, prominent striking rock formations that are a major feature of this part of the island. We descend into the valley, ascending on the other side and arrive to the village. We then continue along a quiet rural road following the valley to Chejelipes where we meet our bus and return to San Sebastian. Later we can explore the harbour and backstreets of the town. San Sebastian was Christopher Columbus' last stopping place before discovering the Americas, so there are several 'Columbus' sites that can be visited including the well where he drew water, his house, and the church where he prayed. In addition, San Sebastian has two beaches, a host of restaurants and bars, and narrow streets bursting with life. Our walk covers 12 kilometres over three and a half hours. We descend on stone-paved paths, unmade hillside paths and a rural road. The total ascent and descent is approximately +300m / -1000m.



**Accommodation: Hotel Torre del Conde** (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

## DAY 3 - Walk from Vallehermoso to coastal town of Agulo

Our day starts with a drive to Vallehermoso in the north of the island. This peaceful small town is surrounded by steep hills, palm trees and dry zone vegetation and is the starting place for some of La Gomera's most beautiful hiking trails. We follow a trail passing Roque Cano (a distinctive rock feature of the area), terraced fields and banana plantations to the coastal town of Agulo. Agulo was one of the island's first towns and its colonial buildings, winding streets and position directly above the sea have led to it being known as one of La Gomera's most beautiful places. On a clear day the volcanic cone of El Teide on Tenerife dominates the horizon. We spend some time exploring the town or relaxing in one of the cafes before returning to San Sebastian for the evening. Today our walk covers 14 kilometres over approximately five hours. We walk on unmade hillside trails, unmade roads and a short distance on pavements. The total ascent and descent is approximately +900m / 850m.



**Accommodation: Hotel Torre del Conde** (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

## DAY 4 - Explore cloud forest and ascend to Alto de Garajonay

Today we drive to Contadero (1350m) from where we begin our first walk, through Garajonay National Park. We start by ascending the island's highest peak, Alto de Garajonay (1484m), from where on a clear day we will have a splendid 360-degree view of the island. We then continue on the trail through the dense vegetation of the Laurisilva cloud forest, ancient Canaries' jungle only found on the Outer Canary Islands: La Gomera, Tenerife and La Palma. Later we reach the chapel of Nuestra Señora de Lourdes, and Barranco del Cedro a deep ravine surrounded by lush vegetation with a bubbling stream at the bottom. The trail then passes through the hamlets of El Cedro and Buenavista, from where we walk over the final hill to meet our bus and return to San Sebastian for the evening. Our walk covers 15 kilometres over approximately four and a half hours. The terrain is unmade paths. The total ascent and descent is +300m / -900m.



**Accommodation: Hotel Torre del Conde** (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

## DAY 5 - Walk to the black sand beach of Playa Caleta

This morning we drive to the northeast of the island to Hermigua for a walk down to Playa Caleta. Starting from the village we descend down through rugged terrain, banana plantations and a spectacular deep gorge. Playa Caleta has a volcanic black sand beach and the area is well known for its delicious fresh fish. From here we have the option to take a circular walk to Punta San Lorenzo (4km, 1 hour). Alternatively we can relax on the beach or in one of the local cafes, before meeting our bus and returning to San Sebastian. Today our main walk covers 11 kilometres over five hours. Again we are walking on unmade hillside paths. The total ascent and descent is approximately +650m / -850m.



**Accommodation: Hotel Torre del Conde** (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

## DAY 6 - Free day. Optional coastal walk

Our last day on La Gomera is free to relax or explore the local area. Options include a walk along the coastal path to Cabrito Beach (a 15 kilometre, three and a half hour walk).



**Accommodation: Hotel Torre del Conde** (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

## DAY 7 - Ferry to Tenerife. Circular walk on El Teide

This morning we drive to San Sebastian port and board a ferry to take us back to Tenerife. From the port of Los Cristianos we drive for approximately one hour to the Teide Plateau where we make a circular walk to Roques de Garcia. (Depending on the group and local conditions there may be an option for those wishing to, to take the tougher walk to Guajara Peak). Later we drive to El Medano and the coast for our last night. Our last walk covers four kilometres over two and a half hours. We walk on marked paths. The total ascent and descent is +100m / -100m.



**Accommodation: Hotel Playa Sur Tenerife** (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

## DAY 8 - Tour ends El Medano, Tenerife

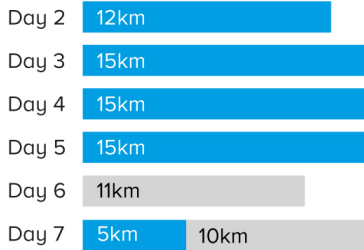
Our tour ends today after breakfast, in El Medano.



Meals Provided: Breakfast

# Walking and Trekking information

## DAILY DISTANCE



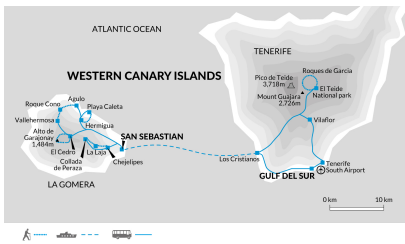
Optional Walks

### Walking grade

Moderate

### Trek details

This holiday includes 5 days of walking with an average of 3 to 5 hours of walking each day. An optional walk is available on the free day. We have graded this trip as moderate.



## What's included?



### Included meals

Breakfast: 7



### Transport

Bus  
Ferry



### Trip staff

Explore Tour Leader  
Driver(s)



### Accommodation

7 nights standard hotel

## Trip information

## Country information

### Spain Holidays & Tours

#### Climate

Overall, spring, early summer and autumn are ideal times for a Spanish trip - though the weather varies enormously from region to region. The high central plains suffer from fierce extremes, stiflingly hot in summer, bitterly cold and swept by freezing winds in winter. The Atlantic coast, in contrast, has a tendency to damp and mist, and a relatively brief, humid summer. The Mediterranean south is warm virtually all year round. Spain's Islands the Canaries and Balaerics experience very mild winters and warm summers making them ideal year round destinations.

#### Time difference to GMT

+1

#### Plugs

2 Pin Round

#### Religion

Roman Catholic

#### Language

Castilian Spanish, Catalan, Galician, Basque

## Budgeting and packing

### Optional activities

Walks - As some of the walks are optional, the cost of any local buses or taxis associated with these is not included but shared between the participants - allow €20 if you intend to do all the optional walks - Cable Car at Teide NP €13.50 pp one way, €27.00 pp return journey

### Clothing

Bring some lightweight clothing for pleasant, balmy days (including shorts for day walks), but remember that temperatures drop with altitude and that evenings may be cool so a warm sweater or fleece is essential. As mountain weather is changeable it is important to bring a waterproof and windproof outer garment.

### Footwear

Walking or trail boots with good ankle support are essential, plus comfortable trainers/sandals for relaxing.

### Luggage

20kg

### Luggage: On tour

The allowance is one main piece of luggage and a daypack. Remember, you are expected to carry your own luggage between our transport and hotel - so don't overload yourself.

### Equipment

Bring a water bottle, torch, sunhat, sunscreen and sunglasses. A trekking pole is recommended for the steep descents. On this trip we will have the opportunity for several picnic lunches so any equipment to assist in your preparations would be recommended. i.e Lunchbox and cutlery.

### Tipping

#### Explore leader

Tour Leader: At your discretion you might also consider tipping your Tour Leader in appreciation of the efficiency and service you receive.

### Local crew

Although entirely voluntary, tipping is a recognised part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. In order to make things easier for you, the Tour Leaders may organise a group's tips kitty and if this is the case, they will account for it throughout the tour. Accordingly, you should allow approximately £15 for tipping.

### Country Information

## Spain Holidays & Tours

### Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

#### Dinner price

£12.00 - 16.00

#### Beer price

£1.50 - 2.50 (depending on the region/area in Spain)

#### Water price

£1.4

### Foreign Exchange

#### Local currency

Euros

#### Recommended Currency For Exchange

We recommend you take the majority of your spending money in Euros cash.

#### Where To Exchange

We recommend that you change any currency into Euros prior to arrival. Bureau de Change are generally only found in major cities and large airports.

#### ATM Availability

In cities and most major towns.

#### Credit Card Acceptance

Visa and Mastercard are generally accepted in larger restaurants and some shops.

#### Travellers Cheques

Not recommended.

## Transport, Accommodation & Meals

### Transport Information

Bus, Ferry

## Essential information

### FCO Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office advice [click here](#).

For more information from Explore about travel advice, [click here](#)

### **Under 18 immigration guidance**

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

## **Essential Information**

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

## **Visa Information**

Spain: Visas are not required by UK, Australian, New Zealand, US and Canadian citizens. Other nationalities should consult their local embassy or consular office.

If you do require assistance in obtaining a visa then you may consider applying through Explore's recommended visa service in the UK, Travcour. See [www.travcour.com](http://www.travcour.com) to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

## **Booking conditions**

Before booking your Explore trip, please ensure that you read both our [Essential Information](#) and [Booking Conditions](#).

## **Transfers**

[Find out more about Trip Transfer Terms and Conditions before you book.](#)

### **Booking a land only package with Explore**

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

### **Joining Tour Abroad**

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer [click here](#)

## **Insurance**

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

## **Flight information**

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. [Read more about them here.](#)

### **Flight Information**

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

### **Booking a flight inclusive package with Explore**

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.



# Spain Holidays & Tours

## Vaccinations

Nothing compulsory but Tetanus is usually recommended as a precaution. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at <http://www.explore.co.uk/Travelhealth/> and from your local healthcare provider. Vaccination requirements are subject to change and should be confirmed before departure.

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