

EXPLORE!

La Palma - Volcanoes and Cloudforest

8 days

Spain - Trip code LPM



La Palma - Volcanoes and Cloudforest

Get off the beaten track and discover the volcanoes and cloudforests of the verdant Canary Island of La Palma. Hike to the heart of the magnificent crater-like Caldera de Taburiente through Angustias Gorge, and take in stunning views of this and the west of the island from Bejenado Peak (1857m). To the south hike to the rocky coastline of Fuencaliente. In the evening explore the 'old town' and restaurants of Los Llanos.

Trip highlights

- ★ **Dramatic volcanic landscapes** - Discover this beautiful, mountainous island on foot
- ★ **Warm year** - round climate - Perfect for a winter walking holiday
- ★ **Caldera de Taburiente** - Explore this distinctive crater-like ridge that dominates the centre of the island. Walk 'the Gorge of Fear'.
- ★ **Impressive coastline** - Discover the wild, rocky shores and black sand beaches of La Palma
- ★ **Laurisilva cloudforest** - Walk in the humid laurel forest unique to this region

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 - Trip starts at La Palma airport. Transfer to Los Llanos

Our trip starts at La Palma airport. Our hotel is 45 minutes away in Los Llanos on the west of the island. Los Llanos is one of the main towns on La Palma and has an interesting 'old town', a selection of bars and restaurants and usually good and sunny weather. The coast is nearby, with the nearest beach Tazacorte, three kilometres away. Please note: Our main transfer from the airport to Los Llanos is at 19.00, but we will also make a transfer at 15.00. Please advise Explore which transfer you would like to use. If we do not have confirmation from you, we will assume that you will be using the 19:00 transfer.



Accommodation: Valle Aridane (or similar)



Standard Hotel



Single room available



Meals Provided: None

DAY 2 - Walk from San Antonio Volcano to Fuencaliente

We start today by travelling south to Los Canarios to visit San Antonio Volcano Visitors Centre. Here we learn about La Palma's volcanoes and local volcanic activity. After this we walk to Teneguia Volcano, the site of the last land-based eruption on the Canary Islands in 1971 - you can still feel heat radiating to the surface. We then continue on to Fuencaliente on the south coast where if the conditions are right there is an opportunity to swim before travelling back to Los Llanos by taxi or minibus. In the evening there is the possibility to sample some lovely local dishes, such as 'papas arrugadas and mojo' (wrinkly potatoes with sauce), in the local restaurants. Our first walk is nine kilometres and takes approximately four hours. The total ascent and descent is +100m / - 650m.



Accommodation: Valle Aridane (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 3 - Walk across the island along an historic "Camino Real" path

Today we take a short drive to Ermita del Pino chapel (900m), near El Paso, for our walk east along the ancient 'Camino Real' trail, the route by which local people travelled between the west and the east before the modern roads. Crossing the Cumbre Nueva volcanic ridge at Reventon Pass (1,419m) we then descend through lush forests to San Pedro village (355m). From here we travel by public bus to the capital Santa Cruz the island's capital and have time to explore the charming 'centro historico', one of the best preserved colonial style old town centres on the Canaries, before returning to Los Llanos by public bus. Today our walk is nine kilometres, taking approximately four hours. The total ascent and descent is +550m / -1050m.



Accommodation: Valle Aridane (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 4 - Descend through the 'Gorge of Fear'

Our walk this morning starts in Los Brecitos in the Caldera de Taburiente, the distinctive, massive, crater-like ridge that makes up the centre of the island, surrounded by vertical walls and ridges as high as 2,550m. We will pass a huge rock which used to be the single most important site for the indigenous cultures long before the Spaniards conquered the island. From here we follow the classic trail descending down to the bottom of the Angustias Gorge (the Gorge of Fear). Our walk today is 14 kilometres and takes approximately five half hours. The total ascent and descent is +200m / -1000m. However please note this walk is dependent on local conditions and may be need to be amended at short notice.



Accommodation: Valle Aridane (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 5 - Free day. Opportunity to walk to local beach

Today is a free day to relax or explore the region more. It is possible to walk to the local beach at Tazacorte, or catch local buses to the beach, the capital Santa Cruz or around the island. The optional walk to the beach is five kilometres, taking approximately one and a half hours.



Accommodation: Valle Aridane (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 6 - Hike through Laurisilva cloudforest

This morning we drive approximately an hour and a quarter to Los Tilos in the north-eastern part of the island. Here we walk through dense subtropical Laurisilva cloudforest, (laurel forest now mainly found in the Canary Islands, Madeira, the Azores and Cape Verde) to Barlovento village. On the way back to Los Llanos, if weather conditions allow, we may be able to stop at Charco Azul for a swim in the natural pools of the Atlantic Ocean. Today's walk is ten kilometres and takes approximately four and a half hours. The total ascent and descent is +500m / -150m.



Accommodation: Valle Aridane (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 7 - Climb Bejenado Peak for great views over the island

Drive 30 minutes to Cumbrecita where today's walk starts, a view point looking over the Caldera de Taburiente. From here we ascend Bejenado Peak (1,857m) which on a clear day also has stunning views over the Caldera, Valle de Aridane and the island's volcanoes. We then follow the trail down to the road and take taxis back to Los Llanos. Our walk today is nine kilometres, taking approximately four hours. The total ascent and descent is +570 / -700m.



Accommodation: Valle Aridane (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 8 - Tour ends at La Palma airport

Our trip ends today at La Palma airport. Please note: Our main transfer to the airport will arrive at 13.00. However there will also be a second transfer to arrive at 17.00. Please advise Explore which transfer you would like to use. If we do not hear from you, we will assume that you will be using the 13:0 transfer.



Meals Provided: Breakfast

Walking and Trekking information

DAILY DISTANCES

Day 2	9km
Day 3	10km
Day 4	17km
Day 5	5km
Day 6	10km
Day 7	9km

Optional Walks

Walking grade

Moderate

Trek details

Walks on 5 days for between 3.5 to 6.5 hours, with additional optional walk to local beach. There are some steep ascents and descents so walking poles are recommended. Paths are mainly uneven. Some old mule tracks are cobbled.



Why book this trip

The warm year round climate and dramatic volcanic scenery makes La Palma a great winter walking destination.

What's included?



Included meals

Breakfast: 7



Transport

Bus
Public Bus
Taxi



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

Local bus fares: To Tazacorte Beach - €1.50 To Santa Cruz - €2.20 each way

Clothing

For walking: Bring light, windproof water proofs and a couple of layers for warmth as the weather conditions can be changeable on the mountains. It can also be cool in the evenings during the winter. Wicking shirts are recommended, and walking trousers are preferable to trousers of heavier material such as jeans. General: Clothing should generally be lightweight for the day. However warmer layers and long trousers may be needed, especially at night and in the winter. You may also wish to bring a swimming costume and towel.

Footwear

Bring well-worn in walking shoes with good ankle support. You may also wish to bring more comfortable shoes / 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

For walking: Your day pack should be large enough to hold your water bottle, sun cream, waterproofs, a warm layer, snacks, camera, etc. You may also wish to bring walking poles. General: We recommend that you bring a water bottle, torch, sunblock, sunhat, sunglasses and insect repellent. You may also wish to bring binoculars.

Tipping

Explore leader

At your discretion you might also consider tipping your Explore 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 Explore 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, Public Bus, Taxi

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/Canary Islands: 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 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.
