

EXPLORE!



Why book this trip?

This twin island walking trip in the Canaries explores lesser-known La Gomera and Tenerife's volcano, Mount Teide. Walk through varied and dramatic scenery including beautiful steep sided valleys, quiet villages, black sand beaches and verdant cloud forests.

- **Garajonay National Park** - Explore La Gomera's lush landscape of dense laurel forest
- **Mount Teide** - Admire this iconic cone volcano
- **Agulo** - Ascend to this charming town perched on a jagged cliff with undisrupted views



INCLUDED MEALS
Breakfast: 7



TRIP STAFF
Explore Tour
Leader
Driver(s)



TRANSPORT
Bus
Ferry



ACCOMMODATION
7 nights
comfortable hotel



WALKING GRADE:
Moderate



GROUP SIZE:
10 - 16

Itinerary

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

DAY 1 - Join trip in San Miguel de Abona, Tenerife

Our trip begins in San Miguel de Abona on the south coast of Tenerife. San Miguel de Abona is a laid back coastal and golf resort popular with locals and visitors, with hidden rock pools, volcanic sand coves and a choice of restaurants and bars. The nearby golden beaches are particularly popular with windsurfers and kite boarders, and people wanting to avoid the bigger resorts.

For those arriving on time our Leader plans to meet you in the hotel reception at 7pm for the welcome meeting and for those that wish, there is the chance to go out for dinner. There are no activities planned today, so you are free to arrive in San Miguel de Abona at any time. If you would like to receive a complimentary airport transfer today, you'll need to arrive at Tenerife South Airport (TFS) which is around 10 minutes' drive. Should you miss the meeting, your leader will inform you of any essential information as soon as you catch up.



ACCOMMODATION:
Royal Park Albatros (or similar)

Grade: Comfortable 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. Our hotel is located a 5 minute walk from the port, so you will be asked to carry/wheel your own luggage.

After checking into our hotel we drive up to Collada de Peraza, the start of our first walk. From here we follow the trail along 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.

Today's 12 kilometre walk is expected to take around three-and-a-half hours with 300 metres of ascent and 1,000 metres of descent. We descend on stone-paved paths, unmade hillside paths and a rural road.



ACCOMMODATION:
Hotel Torre del Conde (or similar)

Grade: Comfortable 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's 15 kilometre walk is expected to take around five hours with 900 metres of ascent and 850

metres of descent. We walk on unmade hillside trails, unmade roads and a short distance on pavements.



ACCOMMODATION:
Hotel Torre del Conde (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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

Today we drive to Contadero (1,350m) from where we begin our first walk, through Garajonay National Park. We start by ascending the island's highest peak, Alto de Garajonay (1,484m), 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, from where we walk over the final hill to meet our bus and return to San Sebastian for the evening.

Today's 15 kilometre walk is expected to take around four-and-a-half hours with 300 metres of ascent and 900 metres of descent. The terrain is unmade paths.



ACCOMMODATION:
Hotel Torre del Conde (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 5 - Free day. Optional coastal walk

Today 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 following the same path there and back.



ACCOMMODATION:
Hotel Torre del Conde (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 6 - 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 ascend through rugged terrain, banana plantations and a spectacular deep gorge, after four kilometres we begin the descent towards the beach. 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 (four kilometres, one 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's 11 kilometre walk is expected to take around five hours with 650 metres of ascent and 850 metres of descent, walking on unmade hillside paths.



ACCOMMODATION:
Hotel Torre del Conde (or similar)



Grade: Comfortable 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 El Teide Plateau where we make a circular walk to less visited Roques de Capricho for views of the canyon and rock formations. Those not wishing to walk today there is the option to go up to Teide by cable car (requires advance reservation, not included). Later we drive to San Miguel de Abona and the coast for our last night.

Today's 11 kilometre walk is expected to take around three-and-a-half hours with 300 metres of ascent and 100 metres of descent, walking on marked paths.



ACCOMMODATION:

Royal Park Albatros (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 8 - Trip ends in San Miguel de Abona, Tenerife

The trip ends after breakfast at our hotel in San Miguel de Abona.

There are no activities planned today, so you are free to depart from San Miguel de Abona at any time. If your flight is departing later in the day luggage storage facilities are available at our hotel. If you would like to receive a complimentary airport transfer today, you need to depart from at Tenerife South Airport (TFS) which is around 10 minutes' drive from the hotel.



MEALS PROVIDED: BREAKFAST

Trip information

Country information

Canary Islands

Climate

The Canary Islands enjoy a relatively stable climate making them a good year round destination. The warmer temperatures in the winter months also make the islands a great winter walking holiday choice. The best months for walking are October to April, avoiding the heat of the summer, the evenings can still be chilly and rain is possible in January and February. The Canary Gulf Stream and trade winds provides each island with its own micro-climate, bringing different climatic conditions to each side of the islands.

Time difference to GMT

The Canary Islands are -1hrs from mainland Spain

Spain

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	Plugs	Religion
+1	2 Pin Round	Roman Catholic

Language

Castilian Spanish, Catalan, Galician, Basque

Budgeting and packing

Optional activities

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations. Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

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 (requires reservation in advance, please talk to your tour leader to book)

Clothing

Bring light and comfortable clothing that can be layered according to the temperature. The weather conditions in the mountains can be changeable, and it can become cool, especially at night, so bring warmer layers. Tops made from wicking materials which keep you drier and warmer are recommended as a base layer, and walking trousers are preferable to trousers of heavier material such as jeans. A waterproof jacket is essential at all times in case of rain and wind.

- Breathable wind and waterproof jacket (you may also wish to bring waterproof trousers)
- T-shirts
- Long sleeved tops
- Sunhat
- Long trousers
- Shorts (if you prefer to walk in them)
- Swimwear and towel
- Midlayer Fleece/pullover
- Socks (liner and thicker pair)
- Insulated jacket

Footwear

We recommend you bring walking boots with ankle support- leather or fabric are both fine. Make sure that your boots are worn-in and comfortable before the start of the trip. Also trainers or sandals for relaxing and general wear. We suggest that on international flights you either carry your walking boots in your hand luggage or wear them - should your luggage be lost or delayed, your own boots are the one thing that will be irreplaceable.

Luggage

20kg

Luggage: On tour

Bring one main piece of luggage and a 20-30 litre day sack is recommended. You will need to carry what you need for the day which may include a raincoat, jumper, camera, sun-cream, water and picnic lunch. On hot days you will carry fewer clothes but more drinking water.

Equipment

- Sunglasses
- Sun cream
- Small Torch (with spare batteries and bulb)
- Camera
- Walking poles (if you usually use them)
- Personal toiletries
- Personal first aid kit - On each walk a first aid kit is carried but you should have your own blister kit, supply of plasters, aspirin and other essentials.
- Insect repellent
- Small waterproof dry bag (for items such as your mobile phone)
- Reusable water bottle (minimum 1 litre) - Get 15% discount on a Water-to-Go bottle www.explore.co.uk/about-us/responsible-travel/water-to-go-discount-with-explore

-Lunch bag/Tupperware (for packed lunches)

Tipping

Explore leader

Tipping isn't compulsory, and we work hard to ensure that our leaders all receive a fair wage. You may however, want to recognise a leader that has done a great job or really added to your trip by giving them a tip. We're often asked about the recommended amount. It is a tricky one, and down to personal preference, but we would recommend £15 to £20 per person per week as a guideline.

Local crew

Although 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. Accordingly, you should allow approximately £20 of local currency for tipping. In order to make things easier for you, the Explore Leader may organise a group's tips kitty and if this is the case, they will account for it throughout the trip.

Canary Islands

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.

Foreign Exchange

Spain

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.

Lunch price	Dinner price	Beer price
£8.00 - 12.00	£16.00 - 20.00	£1.50 - 3.50 (depending on the region/area in Spain)

Water price
£1.4

Foreign Exchange

Local currency Recommended Currency For Exchange

Euros 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.

Price Guarantee

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 and Passport 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 be able to apply 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.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

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 complimentary transfers will be arranged from the Explore designated airport or train station to your trips joining point, and then back from the ending point to the designated airport or train station. Generally the airport or station that Explore have selected will be the one that is closest to the town or city where the trip starts, or the one nearest to the joining point. It will be either an airport or train station but not both.

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, Polar, 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. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. 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.

Canary Islands

Spain

Vaccinations

Nothing compulsory but Tetanus is usually recommended as a precaution. Please check the latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at Explore Travel Health and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.

Walking and Trekking information

DAILY DISTANCES

Day 2	12km	3.5hrs
Day 3	15km	4.5hrs
Day 4	15km	4.5hrs
Day 5	11km	5hrs
Day 6	15km	3.5hrs
Day 7	5km 10km	2.5/5hrs

Optional Walks

DAILY DISTANCES

Day 2	12km	3.5hrs
Day 3	15km	4.5hrs
Day 4	15km	4.5hrs
Day 5	11km	5hrs
Day 6	15km	3.5hrs
Day 7	11km	3.5hrs

Optional Walks

2019 Itinerary

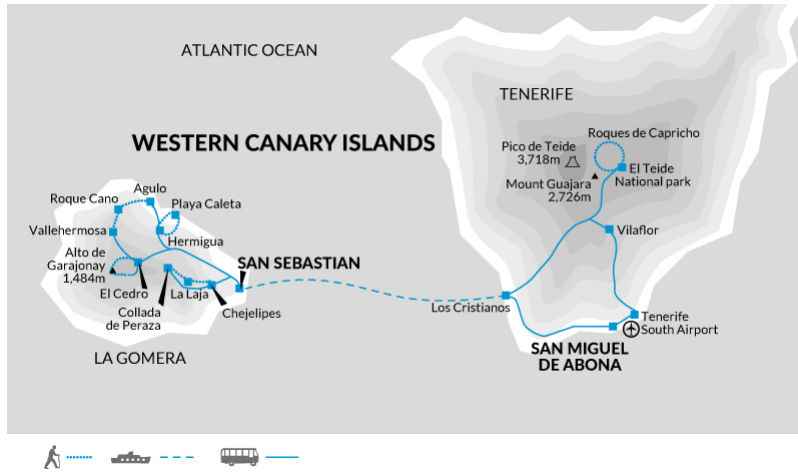
Walking grade

Moderate

Trek details

Walks on 5 days for between 3 to 5 hours on stone paved paths and well-defined trails.

Additional Information



Reviews



AWARD WINNING
EXPLORE LEADERS



PRICE GUARANTEE
PROMISE



AIRPORT
TRANSFERS