



Self-Guided La Palma

CANARY ISLANDS, SPAIN - TRIP CODE WSLP

WALKING AND TREKKING

Why book this trip?

La Palma has a diverse landscape of volcanoes, pine forests and vineyards. Unspoilt by mass tourism, the island's ancient footpaths, the 'Caminos Reales' are a walker's delight. Hike through quiet rural landscapes, deep ravines and along countless flower-lined paths.

- **Trekkers' paradise** - Well-marked trails through tranquil and varied landscapes.
- **Caldera de Taburiente** - Explore the dramatic landscapes of this National Park in an immense crater
- **Warm spring and autumn seasons** - perfect for winter walking
-



INCLUDED MEALS
Breakfast: 7



TRIP STAFF
None



TRANSPORT
On Foot
Taxi



ACCOMMODATION
7 nights
comfortable hotel



WALKING GRADE:
Moderate To
Challenging

Itinerary

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

DAY 1 - Trip starts La Palma Airport; taxi to Santa Cruz de la Palma

On arrival at the La Palma airport (SPC) an included taxi transfer takes you to the colonial town of Santa Cruz de la Palma.

If you arrive early, you'll have plenty of time to admire the beautiful architecture and Canarian pine balconies of the island's capital. Walk along the cobbled Calle Real and colourful narrow side streets, with every house painted a different shade.



ACCOMMODATION:
Holiday Time Hotel (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: NONE

DAY 2 - Circular walk in Cubo de la Galga

Today starts by taking the local bus through the cloud forests of El Cubo de la Galga Nature Reserve. Here you start the walk which leads through beautiful and unspoilt laurel forest and a deep gorge. There is also the option to extend the walk along the rugged coastline to the village of Puntallana. After the walk, you'll be picked up by a taxi in Galga or Puntallana and taken to your next accommodation above the village of Barlovento. You will spend two nights here, the hotel has both an indoor and outdoor swimming pool as well as a great restaurant.

Today's 7km to 15km walk is expected to take about 4 to 6.5 hours and you will ascend 575m and descend 1100m.



ACCOMMODATION:
Hotel La Palma Romántica (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 3 - Walk from Los Franceses back to Barlovento

This morning you take a bus west to Los Franceses. Where you start your walk along a breathtaking route with impressive views along the Camino Real or 'royal roads', a network of trails used by the inhabitants of the island until the middle of the last century to pass through difficult areas to transit, usually with animals laden in supplies. Today you walk from ravine to ravine to the Dragon Blood trees of the hamlet of La Tosca, then continue to your hotel in the village of Barlovento. This is a very green part of the island with much vegetation.

Today's 12km walk is expected to take about 5.5 hours and you will ascend 710m and descend 520m.



ACCOMMODATION:
Hotel La Palma Romántica (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 4 - Walk along the Caldera de Taburiente; bus to Los Llanos de Aridane

After an included taxi ride to the foot of Pico de La Nieve (2039m) today's walk begins. Hike along the edge of the deep Caldera de Taburiente, the largest erosion crater in the world. Following well-marked trails, a long descent begins through pine forests and the so-called Reventon trail until you reach the National Visitors Centre. From here you will take a bus to Los Llanos de Aridane where you spend the next two nights. This modern town is on the west side of the Island and surrounded by farmland. Nearby it has beautiful coves, beaches and a town centre worth exploring, particularly the church of Nuestra Senora de Los Remedios which contains a 16th century image of the Virgin Mary.

Today's 16.5km walk is expected to take about 6.5 hours and you will ascend 420m and descend 1420m.



ACCOMMODATION:

Hotel Valle Aridane (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 5 - Hike into the heart of La Caldera de Taburiente National Park

Starting with an included taxi ride to Los Brecitos, at the heart of the Caldera de Taburiente National Park, you begin your descent to the bed of the Taburiente River. Then you walk toward the Roque Idafe, a natural stone pillar and with a special meaning for the inhabitants of the island as it was once worshiped as the Tree of Life. Today you will also see a colourful waterfall, dyed by the sulphur generated by the Caldera. A taxi will be arranged to take you back to Los Llanos de Aridane at the end of the route.

Today's 16.5km walk is expected to take about 6 hours and you will ascend 250m and descend 900m.



ACCOMMODATION:

Hotel Valle Aridane (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 6 - Bus to Fuencaliente; walk to the San Antonio volcano and on to the lighthouse

Today you take the bus to Fuencaliente, which is located close to the southernmost point of the island, with a landscape of volcanoes, vineyards and empty beaches; you will find very few tourists here. From the village of Fuencaliente you walk first to the volcano of San Antonio (there is an entrance fee of 3.50 euros to be paid locally). From the top you can see the youngest of the volcanoes on La Palma: Teneguia, 'born' in 1971. The route goes past the Teneguia volcano following one of the lava flows which brings you to the lighthouse, at the southernmost point of the island.

Here you take the bus back to Fuencaliente, where you hop over to the bus to los Llanos.

Today's 9km walk is expected to take about 3 hours and you will ascend 160m and descend 760m.



ACCOMMODATION:
Hotel Valle Aridane (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 7 - Walk the 'route of the volcanoes', bus to la Palma

After a short private transfer in the morning to the foot of the Pico Birigoyo, you start one of the most famous hikes on the island along the ridge of the Cumbre Vieja: the Ruta de los Volcanos. If the clouds allow, the views are unparalleled, and you will be given a glimpse into the volcanic landscape of La Palma. The walk ends in Fuencaliente, where you take the bus to Santa Cruz, for your last night on La Palma.

Today's 18km walk is expected to take about 6 hours and you will ascend 610m and descend 1360m.



ACCOMMODATION:
Holiday Time Hotel (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 8 - Trip ends Santa Cruz de la Palma

After breakfast, the organised part of your holiday comes to an end.



MEALS PROVIDED: BREAKFAST

Trip information

Climate and 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

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 trainersandals for relaxing. Please note that you will be crossing streams and small rivers so your footwear may get wet.

Luggage

20kg

Luggage: On tour

Bring one main piece of baggage as per your airline luggage allowance, maximum 20 kg per person. Remember you may need to carry your luggage at times so don't overload yourself. Luggage transfers between hotels are normally arranged by the hoteliers. Mark your bags clearly and leave them at the place and time arranged with them.

Luggage transfer

Included between hotels.

Equipment

Bring a water bottle, torch, sunhat, sunscreen and sunglasses. A trekking pole is needed for the steep descents and crossing streamsmall rivers.

Maps - Along with the destination manual and route notes you will be sent a set of maps that have been

created specifically for this trip to help you navigate. The route is marked on each map together with a series of numbered waypoints which correspond with instructions in the route notes. Should you wish to purchase a more detailed commercially produced map we recommend the following:-

Canary Islands ADAC. Scale: 1:150,000. Overview of the islands in fairly good detail. Smaller islands like La Gomera do not receive much attention, but still the best choice for a general map.

Tipping

Local fees

There are no local fees on this holiday.

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**

On Foot, Taxi

Recommended airport

La Palma Airport (SPC)

Flying to your destination

La Palma Airport (SPC) is served by scheduled airlines (including British Airways, Air Europa and Iberia) direct from UK airports including London and Manchester.

Accommodation notes

Comfortable - Our 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.

Arrival and departure information

For this trip you can fly into and back from La Palma Airport (SPC).

Airport taxi transfers to/from the first and last night accommodation are included in the price of this holiday.

Essential Information**Government Travel Safety 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, Commonwealth & Development 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

The 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.

All visa information is subject to change. You should confirm all visa related questions with the relevant Embassy prior to departure.

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 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.

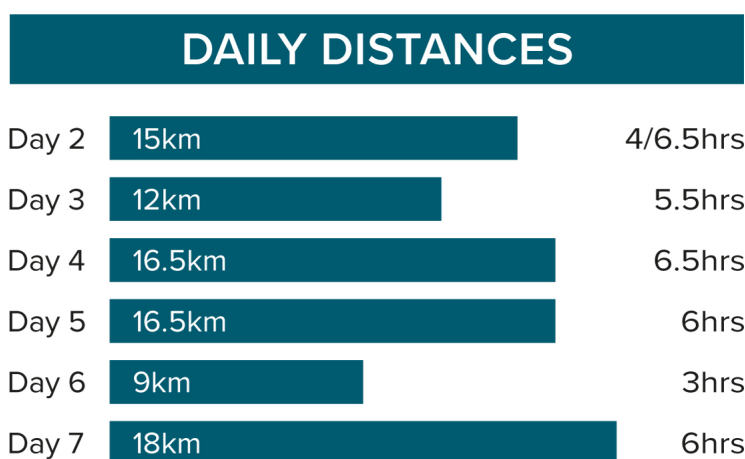
Canary Islands

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



WSLP Distance Chart

Walking grade

Moderate to challenging

Trek details

On this journey you walk 87km over 6 days (an average of 14.5km a day). There are long walking routes of 4.5 to 7hrs, some with tough ascents or long descents, with a maximum ascent of 750m on one day. Some easy and some demanding walking routes, through mountainous terrain; alternately on tracks of volcanic grit, small roads and stony foot paths. We have graded this trip as moderate to challenging.

Additional Information



Reviews



**AWARD WINNING
EXPLORE LEADERS**



**PRICE GUARANTEE
PROMISE**



**AIRPORT
TRANSFERS**