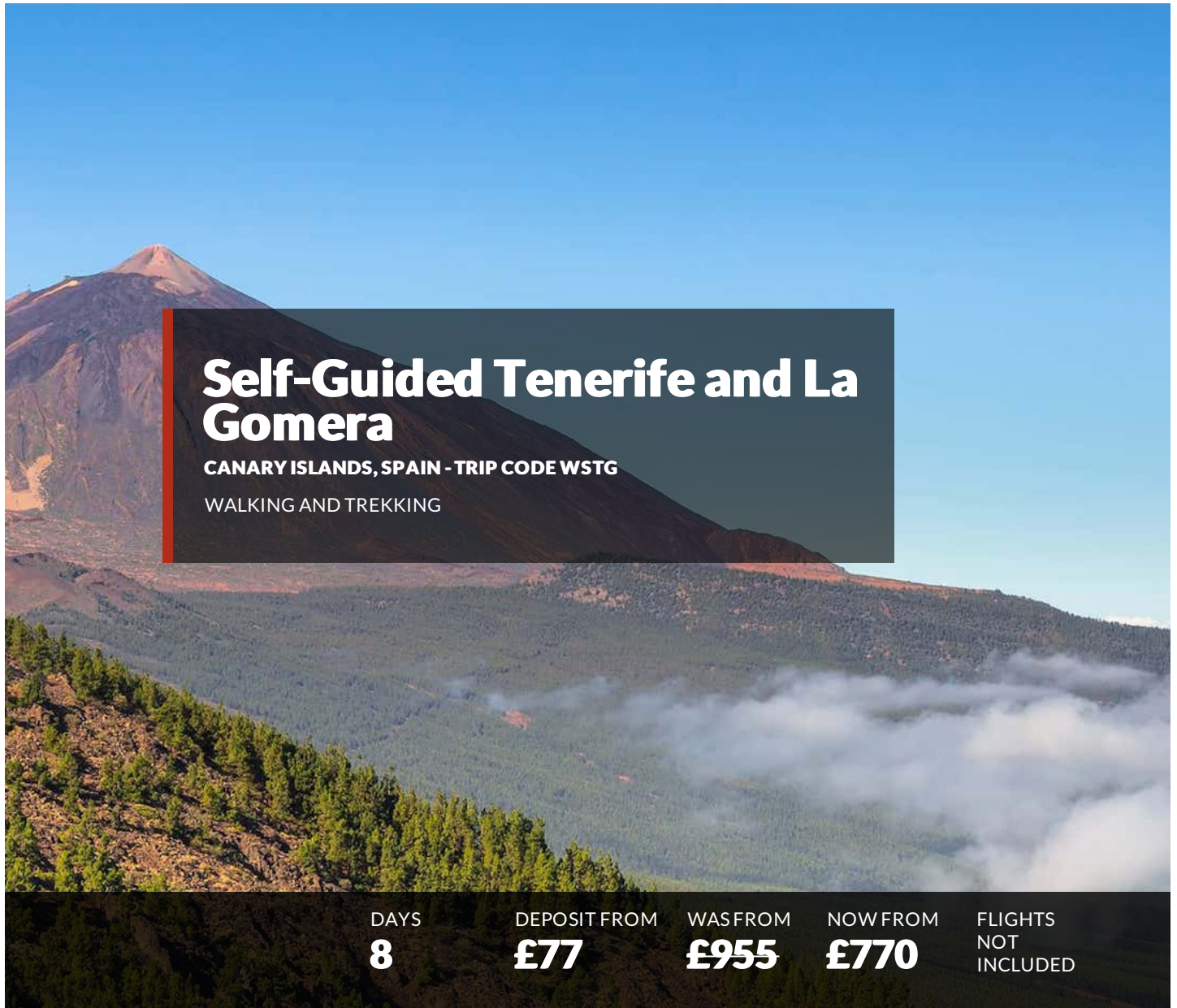


EXPLORE!



Self-Guided Tenerife and La Gomera

CANARY ISLANDS, SPAIN - TRIP CODE WSTG

WALKING AND TREKKING

DAYS

8

DEPOSIT FROM

£77

WAS FROM

£955

NOW FROM

£770

FLIGHTS

NOT
INCLUDED

Why book this trip?

Enjoy year-round warm temperatures and beautiful scenery while taking self-guided walks on these two close but diverse islands. Hike Tenerife's iconic volcano El Teide, and explore the 'Paisaje Lunar', then discover La Gomera's lush Garajonay National Park, typical terraced plantations and black sand beaches. On a clear day, you can see the distinctive outline of Tenerife from La Gomera's coastal paths and hills.



INCLUDED MEALS
Breakfast: 7
Dinner: 3



TRIP STAFF
None



TRANSPORT
Ferry
Taxi



ACCOMMODATION
4 nights standard hotel
3 nights premium hotel



WALKING GRADE:
Easy To Moderate

Itinerary

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

DAY 1 - Trip starts Tenerife South Airport. Taxi to Vilaflor

Upon your arrival at Tenerife South Airport, you will be transferred to the high village of Vilaflor - your base for the first three nights of your holiday. Here, our family-run hotel boasts a peaceful setting and stunning views from its terrace and swimming pool.



ACCOMMODATION:
Hotel Alta Montana (or similar)

Grade: Standard Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: DINNER

DAY 2 - Walk to the 'Paisaje Lunar'

This morning, after a short 10-minute transfer, you commence your well-marked walk to the 'Paisaje Lunar' - strange volcanic rock formations likened to a lunar landscape. This easy trail passes through pretty pine tree woods, with views over South Tenerife, until it reaches the white weathered pillars that the walk is famous for.

You can expect today's 14 kilometre walk to take approximately five hours.



ACCOMMODATION:
Hotel Alta Montana (or similar)

Grade: Standard Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST & DINNER

DAY 3 - Explore Teide National Park

This morning, you will take the bus to the Parador Canadas del Teide, at the foot of Spain's highest mountain, the volcano El Teide. Here, you have the day to explore Teide National Park. You may choose to walk around the huge rock formations of Roques Garcia. This route covers a distance of six kilometres over approximately one-and-a-half hours.

Another option is to take the cable car up El Teide, from where a number of hour-long walks can be enjoyed around the summit. You could also walk back to the Parador from the lower cable car station- a stroll of about an hour-and-a-half.

However you choose to spend your day, you will need to be back at the Parador at 4pm for your return bus to Vilaflor.



ACCOMMODATION:
Hotel Alta Montana (or similar)

Grade: Standard Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST & DINNER

DAY 4 - Transfer to La Gomera; Walk to Hermigua

This morning, a private transfer and ferry journey will take you to the island of La Gomera. Upon your arrival in San Sebastian Harbour, you will be driven by taxi to El Contadero - a crossing in the highest part of the UNESCO-listed Garajonay National Park. From here, you will walk to Hermigua - your base for the next three nights.

The first part of your walk is a long but easy descent along wide foot paths through the laurisilva woods, La Gomera's cloudforest. Near El Cedro, there is a short and steep section along a stony footpath with steps, before you continue along interior roads to your comfortable and charming rural hotel. For dinner, you have several options near the accommodation.

You can expect today's 11 kilometre walk to take approximately four-and-a-half hours.



ACCOMMODATION:
Casa Lugo (or similar)

Grade: Premium Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 5 - Walk along La Gomera's northern coast

Today's circular route from Hermigua takes you along the beautiful northern coast of La Gomera, with spectacular views of Tenerife and the Teide peak. Your well-marked route follows dirt roads and stony footpaths and passes abandoned villages, before opening up into a valley of papaya and mango fields.

You can expect today's 13 kilometre walk to take approximately five hours.



ACCOMMODATION:
Casa Lugo (or similar)

Grade: Premium Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 6 - Trek through the Garajonay National Park

This morning's transfer takes you to the visitor centre in the Garajonay National Park, where you can marvel at the tropical flowers in the botanic garden before commencing your easy walk along part of the GR-132 long-distance hiking path. Along your route, you will pass the natural monuments of Roque Blanco and Roque Cano before descending to the green valley of Vallehermoso. After a drink in the village square, you will be transferred back to Hermigua.

You can expect today's nine kilometre walk to take approximately three and a half hours.



ACCOMMODATION:
Casa Lugo (or similar)

Grade: Premium Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 7 - Walk to San Sebastian

This morning, after a transfer to Degollada la Peraza, you commence your easy and rewarding descent along the GR-131 down to the coast and San Sebastian. The panoramic views from this walk are truly

spectacular.

The last night of your holiday will be spent in a comfortable hotel near San Sebastian harbour.

You can expect today's 10 kilometre walk to take approximately four hours.

Please note: If you have an early morning flight from Tenerife Sur Airport on day 8, you will return to Tenerife this afternoon and stay in an alternative hotel in El Medano. This arrangement has an additional cost.



ACCOMMODATION:
Hotel Torre Del Conde (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 8 - Trip ends at Tenerife South Airport

This morning, after a 10-minute walk to the harbour, you will return to Tenerife by ferry. Upon your arrival into Los Cristianos Harbour, a taxi will take you to Tenerife South Airport.



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

+1

Plugs

2 Pin Round

Religion

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 trainers/sandals for relaxing.

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. When travelling on public transport / a ferry you should always take your luggage with you.

Luggage transfer

Included between hotels.

Equipment

Bring a water bottle, torch, sunhat, sunscreen and sunglasses. A trekking pole is recommended for the steep descents.

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.

Tenerife Kompass 233. Scale: 1:50,000. Separate walking map for each island. Easy to interpret.

La Gomera Kompas 231. Scale 1:30,000. Spain / Portugal Michelin 990. Scale: 1:1,000,000. Publisher: Michelin 2002. Best choice for a general map of Spain.

Tipping

Local fees

Bus on Day 3 from Vilaflor to Parador El Teide 5€ pp return.

Optional taxi from Vilaflor to El Teide 35€ one way.

Optional cable car on El Teide 26€ pp return.

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 - 2.50 (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

Ferry, Taxi

Recommended airport

Tenerife South

Flying to your destination

We'd recommend flying into and out of Tenerife South which is served by budget (including Easyjet and Ryanair) and charter / scheduled airlines (including Thomson Airlines and Thomas Cook) direct from many UK airports. It is also possible to fly into Tenerife North although these flights tend to be indirect and will involve either an additional journey to Tenerife South to meet the included transfer or an additional supplement for a private transfer to the first hotel.

Arrival and departure information

At the start of your trip you can fly into Tenerife South airport. It is also possible to fly to Tenerife North but you will then need to either travel to Tenerife South by public transport to meet the included transfer (see <http://www.titsa.com/index.php?idioma=1> for more details), or pay an additional supplement for a private transfer to the first hotel. This can be arranged on booking.

On departure you will be taken to Tenerife South airport. Alternatively you can pay a supplement for a

private transfer to Tenerife North.

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

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 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.

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 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, 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.

Maximum altitude (m)

3500

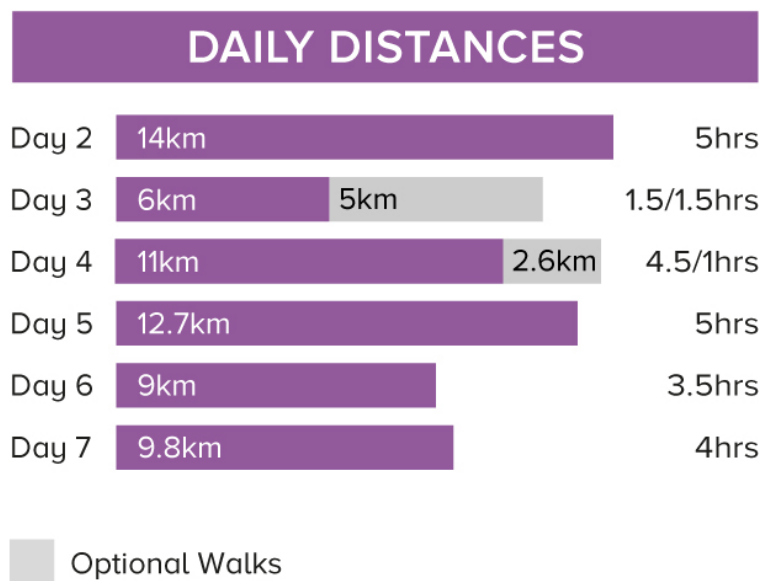
Canary Islands

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



Walking grade

Easy to moderate

Trek details

On this journey you walk for between 2.5 and 5.5 hours on 6 days, mainly on unsurfaced trails and footpaths. The distance covered is 62 km (an average of 10 km per day).

Max walking altitude (m)

3500



**AWARD WINNING
EXPLORE LEADERS**



**PRICE GUARANTEE
PROMISE**



**AIRPORT
TRANSFERS**