

EXPLORE!



Canary Islands Walking - Lanzarote

CANARY ISLANDS, SPAIN - TRIP CODE LZT

WALKING AND TREKKING

Why book this trip?

Discover the unique landscape of Lanzarote, and enjoy some winter sun, based in Costa Teguise. The island offers some spectacularly scenic walking along rugged coastlines and beaches, through white-washed villages and lunar landscapes with dramatic volcanic scenery.

- **Timanfaya National Park** - Discover this spectacular volcanic landscape on foot
- **Famara Cliffs** - Marvel at these towering cliffs, the defining feature of the north of the island
- **Idyllic coves** - Explore small bays, coves and natural black sand beaches



INCLUDED MEALS
Breakfast: 7



TRIP STAFF
Explore Tour
Leader
Driver(s)



TRANSPORT
Bus
Taxi



ACCOMMODATION
7 nights standard
hotel



WALKING GRADE:
Easy To
Moderate



GROUP SIZE:
10 - 16

Itinerary

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

DAY 1 - Arrive in Costa Teguise

Our trip starts in Costa Teguise, a coastal resort town on the east of the island, about fifteen minutes' drive from Arrecife Airport. If you arrive early there is a good selection of cafes and restaurants to choose from or you may wish to relax on one of the town's five sandy beaches. The hub of the town is the lively Pueblo Marinero square, designed by local artist and architect Cesar Manrique, whose work can be found across the island. Manrique was instrumental in founding the legislation that prohibits any high rise development on the island. Within a short walking distance of our hotel is a choice of local restaurants and bars, and Bastian beach.



ACCOMMODATION:
Oasis Lanzarote Beach Mate (or similar)

Grade: Standard Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE

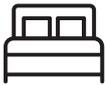


MEALS PROVIDED: NONE

DAY 2 - Descend from Femes through the Ajaches Hills to Playa Quemada

Today we explore the south of the island, driving 40 minutes to Femes, a small village at the base of the southern mountains. Our walk takes us on a well-marked trail through the lunar, remote landscape of the Ajaches hills. Lanzarote is an island of volcanic origin with a long history of eruptions, the most significant being the Timanfaya eruptions throughout the 1730's and in 1824, which shaped the landscape we walk through. Arriving at the coast, we follow the coastal path to reach Playa Quemada. This small seaside village maintains its charm with secluded beaches, idyllic coves and a handful of restaurants offering freshly caught seafood.

Today's 10 kilometre walk is expected to take approximately four hours with a total ascent of 350 metres and descent of 650 metres.



ACCOMMODATION:
Oasis Lanzarote Beach Mate (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 3 - Cliff top Walk to Mirador del Rio

Our walk today begins from Maguez village close to the north west coast. We follow the path along the top of the cliffs of Famara, first to the Montaña del Gayo with spectacular views across the Atlantic and surrounding cliffs and finally reach the Mirador del Rio. Mirador del Rio is a 475 metre high viewpoint located at the edge of the Famara cliffs, built into the larva rock. The building, designed by local artist Cesar Manrique, wonderfully blends into the landscape, the floor to ceiling glass windows and outdoor walkway enhance the panoramic views overlooking the Rio strait, between Lanzarote and the island of La Graciosa. In the afternoon we drive back Costa Teguise.

Today's 14 kilometre walk is expected to take approximately five hours with a total ascent of 550 metres and descent of 350 metres.



ACCOMMODATION:

Oasis Lanzarote Beach Mate (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 4 - Walk in Timanfaya National Park

Today we drive to the centre of the island and walk through the volcanic scenery of Timanfaya - the most dramatic lunar landscape of black lava dotted with craters. Our walk starts close to Mancha Blanca village; we follow wide and narrow dirt paths surrounded by volcanic lava varying in both size and shape. At the end of the walk we drive to La Geria. La Geria is famed for its unique vineyards; the local farmers have devised an ingenious way to cultivate wine in this harsh environment, creating funnel shaped pits protected with low dry stone walls in which to grow Malvasia grapes. There are Bodegas (wineries) dotted along the road selling the honey coloured sweet wine, we will viist one.

Today's 10 kilometre walk is expected to take approximately four-and-a-half hours with a total ascent and descent of 300 metres.



ACCOMMODATION:

Oasis Lanzarote Beach Mate (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



DAY 5 - Free day. Opportunity to visit La Graciosa Island

Today has been left free to relax or explore the region more. It is possible to take day trip to La Graciosa - this small arid island has a population of less than 700, with unpaved sand roads, isolated beaches, a rich biodiversity of flora and fauna and a slow pace of life that makes you feel like you're stepping into a different country. On the island there is an enjoyable walk that takes you to Playa De las Conchas, and shorter or longer walk options can be discussed with your tour leader. The ferry to La Graciosa leaves from Orzola which is a 30 minute taxi ride from Costa Teguisse.

Another option today is to visit Jameos de Agua, designed by Cesar Manrique, Lanzarote's most influential architect. The venue has been built in the volcanic cave system formed by the eruptions of the Corona volcano; it features a swimming pool, restaurant and bar. This could be combined with a visit to La Graciosa as it is located on the way or it is a 25 minute taxi ride from Costa Teguisse. On the way back to our hotel there is the possibility to stop at Jardí'acn de Cactus. This garden was also designed by César Manrique - built into an old quarry it showcases a collection of over, 1,000 cactus varieties.

Today's optional 17 kilometre walk is expected to take approximately six hours with a total ascent and descent of 150 metres.



ACCOMMODATION:
Oasis Lanzarote Beach Mate (or similar)



Grade: Standard Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 6 - Walk from Haria Village to Famara Beach

This morning we begin our discovery of Lanzarote, driving north to Haria, a pretty village of low lying white-washed buildings situated in the fertile Valley of the Thousand Palm Trees. Walking across the surrounding hills we pass cultivated plots of fig trees and grape vines. Reaching the clifftop area of Bosquecillo there are numerous wooden benches where we can take a rest and soak in the views down the cliffs to Famara beach. The Famara Cliffs are an impressive sight, rising to over 500 metres high and stretching along the coast for 15 kilometres. Continuing, we make our descent down a rocky path to Famara beach to be rewarded with five kilometres of golden sand, backed by the dramatic cliffs and

panoramic views across to La Graciosa island. Located between the fishing village of La Caleta de Famara and the base of the impressive cliffs, Famara beach is Lanzarote's surfing hotspot. In the afternoon we transfer back to hotel, stopping en route for a stroll through the lovely centre of Tequise, Lanzarote's old capital.

Today's 12 kilometre walk is expected to take approximately four-and-a-half hours with a total ascent of 450 metres and descent of 650 metres.



ACCOMMODATION:
Oasis Lanzarote Beach Mate (or similar)

Grade: Standard Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE

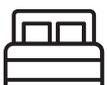


MEALS PROVIDED: BREAKFAST

DAY 7 - Walk along the east coast to Arrieta via fishing village

Today we drive from Costa Teguisé to the outskirts of Guatiza where we start walking along trails leading to a quarry serrated into a volcano crater and later down to the coast. We take the coastal path along the rugged coastline, passing some traditional salines that are still operating. This area is shaped by an ancient volcanic eruption in the vicinity, to the village of Arrieta, arriving in the early afternoon. There is time to explore this typical Canarian fishing community, relax on the golden sands of Playa de la Garita or take a swim in the ocean.

Today's 15 kilometre walk is expected to take approximately five-and-a-half hours with an ascent of 100 metres and and descent of 250 metres.



ACCOMMODATION:
Oasis Lanzarote Beach Mate (or similar)

Grade: Standard Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 8 - Trip ends in Costa Teguse

Your trip ends this morning after breakfast, in Costa Teguse.



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.

Jardin de Cactus entrance fee: € 5.80

La Graocias day trip: € 36 per person including return taxis from Costa Teguse and return ferry to the island.

Jameos de Agua: entrance fee € 9.50 and a taxi (max 4 people) will cost approximately € 25 for the return journey form Costa Teguse.

Clothing

Bring light and comfortable clothing that can be layered according to the temperature. It can become cool, especially at night, so bring warmer layers. Tops made from wicking materials which keep you drier, a warmer fleece is recommended as a mid layer, and walking trousers are preferable to trousers of heavier material such as jeans.

- 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)

Footwear

A good pair of broken in comfortable walking boots are essential. In addition to walking boots please take comfortable trainers/shoes or sandals for evenings / relaxing. 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, picnic lunch etc. 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

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

Local crew

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 Leader may organise a group's tips kitty and if this is the case, they will account for it throughout the trip. Accordingly, you should allow approximately £15 for tipping.

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, Taxi

Accommodation notes

Our hotel is situated in a quite location on the edge of Costa Teguse town, restaurants, cafes and Bastian beach are a short walk away. Santa Rosa Apartments are modern and spacious; you'll be staying in one bedroom en-suite apartments, in whitewashed low storey villas. All apartments have their own fully equipped kitchenette, a furnished balcony or terrace and living, dining area. Both twin and single occupancy will have the same style of apartment. Set within the gardens is a large outdoor pool, bar and sun terrace, a welcome sight after a day of walking! Other facilities include a restaurant, indoor pool, fitness centre and tennis courts.

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/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 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.

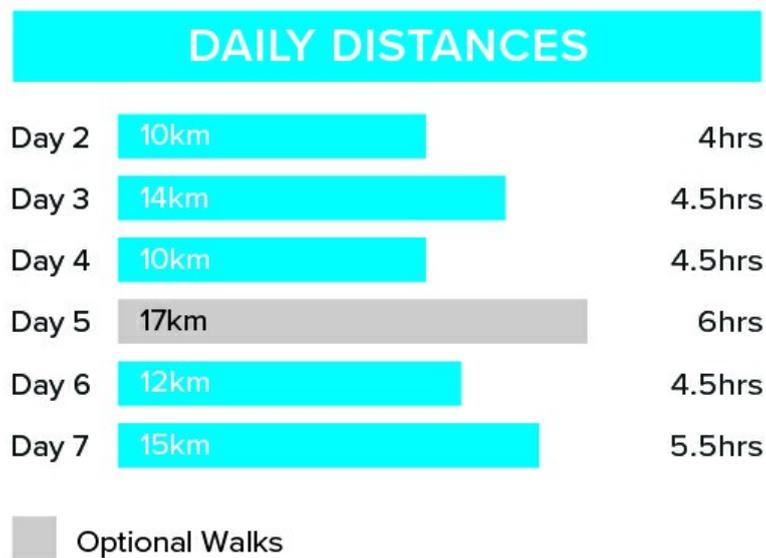
Canary Islands

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



Walking grade

Easy to moderate

Trek details

Walks on 5 days for between 3.5 to 5.5 hours. The walks are on well-marked and maintained inland

and coastal footpaths. On day 7, the terrain in Timanfaya National Park is rocky in places with little shade.

Additional Information



Why book this trip

The Canary Islands are a great destination for a winter escape to some warmth and sunshine. When looking at adding another island to our walking repertoire in the region, Lanzarote was the obvious choice. The island offers some spectacularly scenic walking not seen anywhere else from rugged coastlines, to white-washed villages and idyllic coves to lunar landscapes and dramatic volcanic scenery.



AWARD WINNING
EXPLORE LEADERS



PRICE GUARANTEE
PROMISE



AIRPORT
TRANSFERS