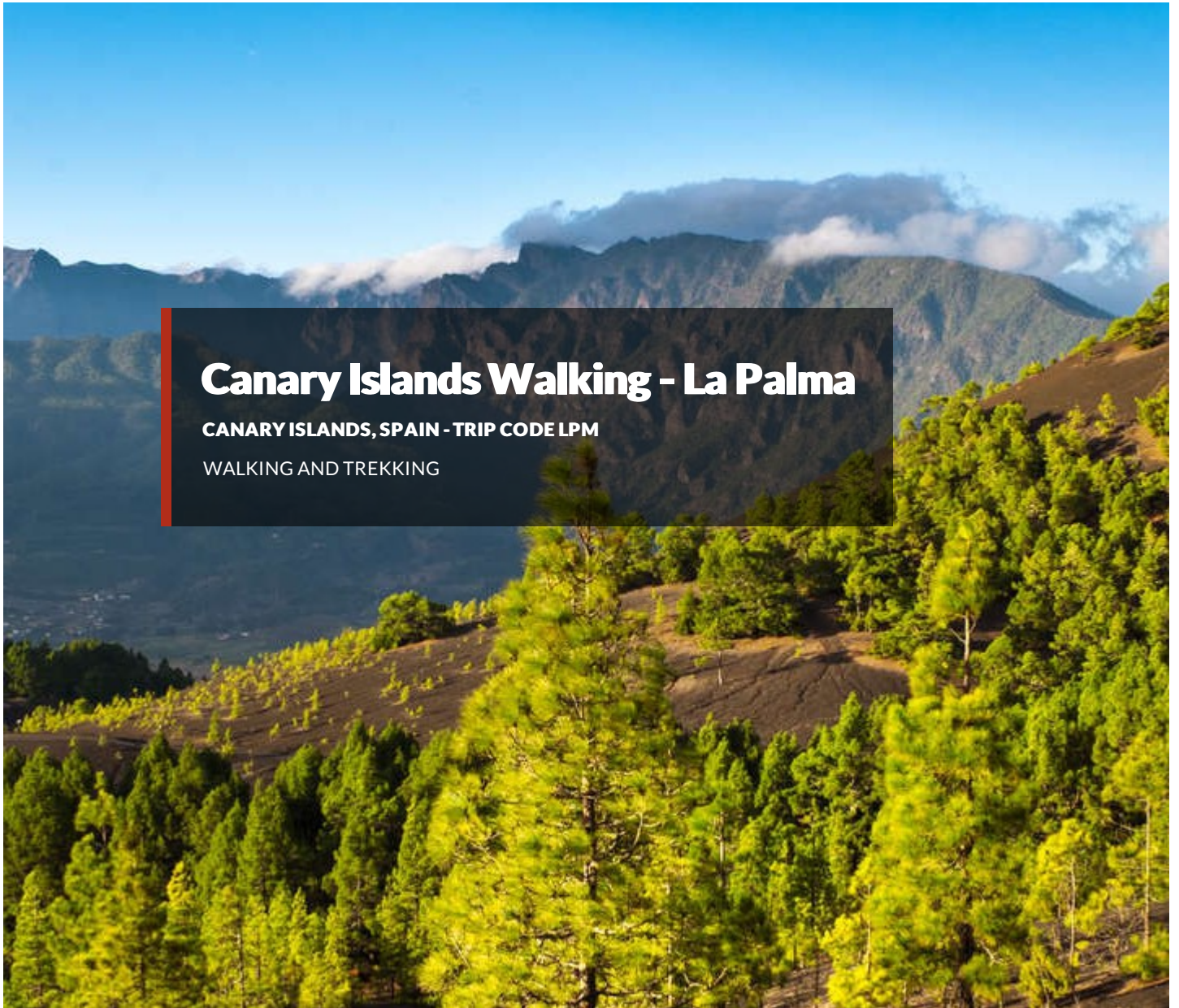


EXPLORE!



Canary Islands Walking - La Palma

CANARY ISLANDS, SPAIN - TRIP CODE LPM

WALKING AND TREKKING

Why book this trip?

Get off the beaten track on the verdant Canary Island of La Palma, a UNESCO World Biosphere Reserve. The warm year round climate and dramatic volcanic scenery makes La Palma a great winter walking destination.

- **Caldera de Taburiente** - Explore this distinctive crater-like ridge that dominates the centre of the island.
- **Impressive coastline** - Discover the wild, rocky shores and black sand beaches of La Palma
- **Laurisilva cloudforest** - Walk in the laurel forest unique to this region



INCLUDED MEALS
Breakfast: 7



TRIP STAFF
Explore Tour
Leader
Driver(s)



TRANSPORT
Bus
Public Bus
Taxi



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 - 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 Tzacorte, three kilometres away.



ACCOMMODATION:
Hotel Valle Aridane (or similar)

Grade: Comfortable 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 taxis 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.

Today's nine kilometre walk is expected to take around four hours with 100 metres of ascent and 650 metres of descent.



ACCOMMODATION:
Hotel Valle Aridane (or similar)

Grade: Comfortable 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's nine kilometre walk is expected to take around four hours with 550 metres of ascent and 1,050 metres of descent.



ACCOMMODATION:
Hotel Valle Aridane (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



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).

Today's 14 kilometre walk is expected to take around five hours with 200 metres of ascent and 1,000 metres of descent. Please note this walk is dependent on local conditions and may be need to be amended at short notice.



ACCOMMODATION:
Hotel Valle Aridane (or similar)

Grade: Comfortable 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.

Today's optional five kilometre walk is expected to take around one-and-a-half hours.



ACCOMMODATION:
Hotel Valle Aridane (or similar)

Grade: Comfortable 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 10 kilometre walk is expected to take around four-and-a-half hours with 500 metres of ascent and 150 metres of descent.



ACCOMMODATION:
Hotel Valle Aridane (or similar)



Grade: Comfortable 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.

Today's nine kilometre walk is expected to take around four hours with 570 metres of ascent and 700 metres of descent.



ACCOMMODATION:
Hotel Valle Aridane (or similar)



Grade: Comfortable Hotel





SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 8 - Tour ends at La Palma airport

Our trip ends today at La Palma 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 | 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.

Local bus fares:

To Tzacorte Beach - €1.50

To Santa Cruz - €2.20 each way

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)
- Binoculars

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 £15 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, 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.

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.

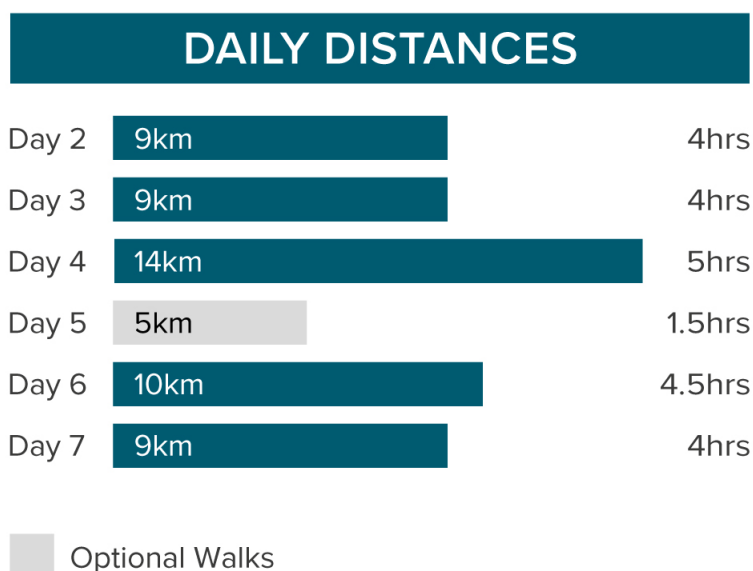
Canary Islands

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

Moderate

Trek details

Walks on 5 days for between 4 to 5 hours. Optional walk to local beach. Variety of terrains; volcanic craters, gorges and forests, steep in places so walking poles are recommended. The order of the walks may change depending on weather conditions

Additional Information



Why book this trip

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

Reviews



AWARD WINNING
EXPLORE LEADERS



PRICE GUARANTEE
PROMISE



AIRPORT
TRANSFERS