

EXPLORE!

TRIP NOTES



Walking The Gran Isla (LOC 2017)



TRIPDURATION
8
DAYS



Tour Style: Classic
Accommodation
Grade: Standard

Tour Type: Centre Based
Trek Grade: Moderate

Trip Code: LOC

Trip Highlights - Walking The Gran Isla

- ✓ Aguimes - A traditional Canarian village
- ✓ La Aldea de San Nicolas - Hiking in the remote west of the island
- ✓ Guayadeque Canyon - dramatic ravine with stone age cave dwellings
- ✓ Roque Nublo - a distinctive rock formation and Gran Canaria's most famous landmark
- ✓ Pico de las Nieves - Hike up Gran Canaria's highest peak
- ✓ Historic trails - Follow 'caminos reales' and ancient paths between hillside villages

Trip Essentials

Accommodation: 7 nights Standard Hotel

Included Meals: 7 breakfasts, 0 lunches, 0 dinners

Start Point: Join trip: Aguimes

End Point: Trip ends: Aguimes

Maximum Altitude on Trek (m): 1949

Transport: Bus, Public Bus

Countries: Spain

Walking The Gran Isla

The Canary Islands offer some of the best walking anywhere in Southern Europe. The volcanic island of Gran Canaria in particular offers far more than the beaches it is best known for. Staying off the beaten track in Agüimes on the eastern side and La Aldea de San Nicolás on the western side of the island, we discover dramatic volcanic landscapes, steep gorges, high peaks, semi-tropical valleys and unspoilt hillside villages as we explore the 'Gran Isla' by foot.

Suitability

We've given each of our tours a comfort rating and a tour pace, walking or cycling grade to give you a general idea about the level of activity on each tour and the standard of accommodation you will be staying in at the end of your day's adventure.

Often you'll stay in different styles of accommodation during your tour; so we make an average rating across the entire tour. For more information on where you'll stay each night, please refer to the day by day tour itinerary.

Accommodation Grade: Standard

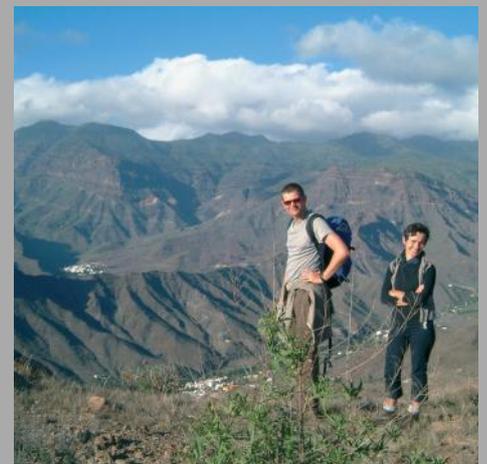
Our mid-range accommodation offers a good level of service often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en-suite facilities.

Tour Style: Classic

Packed with adventure, these tours offer inspiring destinations and authentic travel experiences at a reasonable price. Using all kinds of transport and accommodation, we'll take you off the beaten track to discover the true heart of the people and places you visit.

Trek Grade: Moderate

For those who are fit and active, these moderate walks are normally on good paths and tracks at low altitude. Days may include some fairly demanding ascents and descents, so previous experience is preferable but not essential.



Your trip itinerary

Tour itinerary notes

While our intention is to adhere to the day-by-day itinerary as printed below, a degree of flexibility is built in. Overnight stops may vary from those suggested.

Your Tour Leader

A Tour Leader is an integral part of any Explore tour and your tour will be led by one of our experienced Tour Leaders who have been handpicked and expertly trained. We believe that our Tour Leaders are the key to the success of our tours; they are passionate travellers who are bursting with first-hand local knowledge which they love to share. Your Tour Leader will also take care of all the planning and organization throughout your journey. Their passionate approach will make this tour fun and inspiring, bringing the destination to life whether you're travelling alone or with others.

DAY 1 Arrive to Agüimes

Our trip starts in Agüimes a small, traditional town in the east of Gran Canaria, about twenty minutes from the island's airport. If you arrive early you may wish to explore the historic narrow streets with pretty painted houses of the 'old town', or find a quiet cafe to sit in to acclimatise to the pace of life.

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** None

DAY 2 Circular walk to the Guayadeque Canyon

Today we make a walk along the main landmark of this side of the island - the stunning Guayadeque Canyon that runs south east along the slopes of Pico de las Nieves. There are lots of endemic plants, but the volcanic landscape has a lunar feel as we get closer to the deep gorge, reminiscent of Northern American canyons. This area has been inhabited since the stone age and the remains of cave dwellings from these times are still visible. As we walk we will also see some traces of lava fields from an ancient eruption of a smaller volcano. After the gorge we head back to Aguimes on foot. Please note there is little shade in the countryside around Aguimes, so strong sun protection is needed. Our walk today is approximately 4 hours and covers 12kms. Approximate total ascents and descents are +550m / - 550m.

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 3 Walk from Tejeda to Artenara and the Acusa cliffs

This morning we drive west to Tejeda, a small mountain village (1076m) with white washed buildings which for many is the prettiest hill village on Gran Canaria. We walk from here with spectacular views across Roque Nublo and the central valley to Artenara and the Acusa cliffs with its white washed cave dwellings dating back to stone age times, some of which are still occupied (short bus transfer to connect both walks). We then head for our next hotel in the west of the island, our base for the next three nights. Our walk today is approximately 5 hours and covers 16kms, with approximate total ascents and descents of +550 / - 600m.

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 4 Ancient village trail

Hopping on the local public bus, we travel a short distance to the start of today's walk at the Aldea Pass (700m). From here we follow an ancient pathway that in former days connected the villages of La Aldea, Tasarte and Veneguara. It is an undulating trail with one steep but short downhill section. On our left-hand side we enjoy the impressive walls of Los Azulejos, green layered rock sheets topped by the Inagua Forest. When we reach the village church of Veneguara we take a short break for lunch before continuing our walk over the last pass that leads us into the Barranco de Mogan. Here there will be time for a coffee break while waiting for the public bus that will take us back to La Aldea. Today we walk for approximately 4.5 hours and cover 14kms with total ascents and descents of approximately +250m / - 400m.

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 5 Free day. Opportunity to relax or walk to Siberio Reservoir

Today has been left free. You may wish to relax around the hotel, enjoying the village life in La Aldea, or decide to go to the unspoiled nearby beach five kilometres away. Further afield you could visit the city of Galdar and see the Cueva Pintada Museum to learn about aboriginal life on these islands - On your way back stopping off for a dip in the ocean. Alternatively keen walkers may wish to take the optional walk through the Inagua Forest to the Pico Castellet, a flat rock outcrop with a spectacular view. Optional walk 5-6hrs, 13km and total ascents and descents are approximately +500m/-700m

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 6 Walk to the summit of Roque Nublo

After breakfast we drive below the Picos de las Nieves (1949m) from where we make a gentle walk up to the summit of Roque Nublo, the landmark rock of Gran Canaria and offering great views across the island and - weather allowing - across to neighbouring islands of the Canaries. From here we drive back to down to Aguimes. Our walk today is approximately 3 hours long and covers a total of 8kms. Total ascents and descents are approximately +215m / - 500m.

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 7 Descend from village of Santa Lucia to Aguimes

Today we travel by local bus to Santa Lucia for our long but scenic walk back down to Aguimes. As we start our descent we pass an old maize mill, before walking down into the Hondo Ravine and up to Lomo de Don Pedro. We continue eastwards to Temisas village following signed trails, then part of a 'Camino Real' marked out by stones to Aguimes town. Today we walk for 6 hours and cover approximately 17kms, with total ascents and descents of +300m / - 700m.

Overnight: **Standard Hotel**
Single Room Available

 **Included Meals:** Breakfast

DAY 8 Tour ends in Aguimes

Our tour ends after breakfast, in Aguimes.

 **Included Meals:** Breakfast

Accommodation and Meals

Food & Drink

Included meals: 7 breakfasts, 0 lunches, 0 dinners included in the price of this trip. Please be prepared to pay for non-included meals. Please note that costs for drinks and meals can vary depending on location.

Budgeting for your Trip

You will need some extra money to cover meals and drinks not included in the trip price, any optional sightseeing, souvenirs and items of a personal nature such as laundry.

Food

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.

Spain

Lunch £: 6.00 - 10.00

Dinner £: 12.00 - 16.00

Drink

The prices for drinks can vary greatly depending upon location and the prices detailed below are an average guide. In general you would expect that drinks purchased in a supermarket or local bar to be less expensive, whilst drinks in an upmarket bar or restaurant may be more expensive.

Spain

Bottle of Beer £: 1.50 - 2.50 (depending on the region/area in Spain)

Water £: 1.40

Other Sightseeing & 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.

Optional Excursions

From La Aldea de San Nicolas:

Fare to local beach on local bus 1.40€ each way

Taxi fare to local beach 5€ (maximum 4 people) each way

Fare to Galdar 3.50€ on local bus each way

Galdar Museum 6€ (over 65 3€)

Fares for optional walk from Degollada de la Aldea to Los Azulejos approx. 4€

Las Palmas - €25, local bus also available
Maspalomas - Sand dunes €25, local bus also available

Tipping - Tour Leader

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

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

Foreign Exchange

Spain

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.

Local Currency: Euros

Recommended Currency for Exchange: 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.

Joining your Trip

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 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 on our website at www.explore.co.uk, in the tour specific dates and prices section.

You may also be eligible for the Free Explore Transfer. For more information please refer to <https://www.explore.co.uk/transfers>.

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, 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 please refer to <https://www.explore.co.uk/transfers>.

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.

Important Information

Travel 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. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

EXPLORE!

The Adventure Travel Experts

CAMPBELL IRVINE
DIRECT TRAVEL INSURANCE



Travel Insurance is essential. If you have not already arranged cover, please contact our recommended Travel Insurance providers www.campbellirvinedirect.com/Explore who offer Travel Insurance specifically designed to cover travel with Explore or call **Campbell Irvine Direct** on Tel: 020 7938 1734

Explore Worldwide is an Introducer Appointed Representative of Campbell Irvine Ltd who are authorised and regulated by the Financial Conduct Authority.

Travel Aware

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 follow the link at www.explore.co.uk/travel-safety

We strongly advise that you register with the FCO to receive updates to the travel advice for your chosen destination. A hard copy of the current FCO Travel Advice for your chosen destination is available by contacting cr@explore.co.uk or 01252 379438.

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.

Visa 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 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.

Vaccinations & Protection

Spain

Nothing compulsory but Tetanus is usually recommended as a precaution. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at <http://www.explore.co.uk/Travelhealth/> and from your local healthcare provider. Vaccination requirements are subject to change and should be confirmed before departure.

Preparing for your Trip

DAILY DISTANCES

Day 2	12km	4hrs
Day 3	16km	5hrs
Day 4	14km	4.5hrs
Day 5	13km	5.5hrs
Day 6	8km	3hrs
Day 7	17km	6hrs

Optional Walks

EXPLORE! Share your experiences with us



Maximum Altitude on Trek (m)

1949

Trekking Details

Walk on 5 days for between 3 to 6.5 hours, plus an additional optional walk on Day 5. We generally trek on mountain trails with some occasional short, steep ascents. Vertigo sufferers need to be aware that some of the walks will be along paths next to steep drops. We have graded this trip as moderate.

Walking Boots

A good pair of broken in walking boots are essential. 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.

Climate

Spain

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.

Clothing

Light windproof rainwear may be needed at any time of year, and a light warm fleece / jacket is recommended for mountain walks, and cooler evenings in winter, spring and autumn.

Equipment

A water bottle, sunhat and sunscreen are all essential and you may wish to bring a small torch with you as well. Walking poles are recommended.

Footwear

In addition to walking boots please take comfortable trainers/shoes or sandals for evenings / relaxing.

Luggage: On Tour

Bring one main piece of luggage and a daypack. A daypack is useful for walking and carrying what you need for the day.

Luggage allowance on trip: 20kg

General Information

Country details

Spain

Population: 46,030,109

Size of Country: 504,782 sq km

Major Language: Castilian Spanish, Catalan, Galician, Basque

Religion: Roman Catholic

Time Difference to GMT: +1

Electric Supply & Plugs

Spain

2 Pin Round

Why Choose Explore

We've been creating award-winning pioneering adventure holidays for over 30 years, earning the trust of thousands of delighted customers, who feel safe in our hands. Our tour leaders have expert local knowledge and our tours are designed to take you off the beaten track to see the most exotic, inspiring and dramatic places in the world.

- With over 30 years' experience, we are passionate about what we do.
- Pioneering small group adventures, self-guided, private journeys & tailor-made holidays.
- Award winning tour leaders who you can trust.
- Responsible travel is and always has been one of the driving principles of Explore.

Our adventure holidays are full of exciting things to see and do, exploring in small groups travelling by bus, boat, plane, rickshaw, camel, or any number of unusual forms of transport. Often you will stay in family run hotels and village houses and enjoy authentic local cuisine. In this way, it's easy to discover the true heart of the people and the place you travel to – and make some new friends along the way. Each tour is uniquely different, so please feel free to browse through our tours to see what may whet your appetite.

Cool Earth

Explore are proud to support Cool Earth in their effort to reduce global carbon dioxide levels through the prevention of deforestation in the South America rainforest. Cool Earth focus on areas in immediate danger of deforestation, supporting local communities to be forest guardians. To date 350,000 acres of rainforest has been protected. Saving rainforest also protects rare animals and plants, allows local forest communities to maintain their way of life, and protects a major source of oxygen and fresh water. When you travel on an Explore holiday we make a donation to Cool Earth that exceeds the impact of our customers flights each year.

Earth Matters

We are passionate about sustainable travel and work hard to create tours where your holiday delivers real benefits to the local communities. We minimise our impact by travelling in small groups, respecting local cultures, reducing waste and offsetting 100% of the CO2 from our flights.

When you travel with Explore, you are directly contributing to local economies and helping empower the people you meet. We currently support a range of charities and good causes, including: Toilet Twinning (helping to flush away poverty), Lone Buffalo Foundation (a community project based in Laos providing creative skills for young people) and have recently supported women's cooperatives in Borneo and Morocco. We are a member of Tourism Concern's Ethical Tour Operator Group (www.tourismconcern.org.uk) and support their campaign for fair and ethical tourism. We also care passionately about the world's wildlife and actively support and promote the Born Free Organisation and Mahouts Elephant Foundation.

Booking Your Holiday

Peace of mind - book with confidence

You can book your Explore holiday with confidence, as all monies paid to us for your trip are fully protected. Explore is a fully bonded tour operator licensed by the Civil Aviation Authority (CAA) and by ABTOT.

The air holiday packages (Tours including flights) that we advertise are ATOL protected, since we hold an Air Travel Organiser's Licence granted by the Civil Aviation Authority. Our ATOL number is ATOL 2595. In addition, As a member of the Association of Bonded Travel Organisers Trust Limited (ABTOT), Explore has provided a bond to meet the requirements of the Package Travel, Package Holidays and Package Tours Regulations 1992. Please note that packages booked outside the UK are only protected when purchased directly with Explore.

Reserving your place

To reserve your place on this tour you will need to check availability on the Explore website or through our dedicated call centre based in the UK where you can. Our tours can fill up quickly so you are advised to book as early as possible. If your chosen date is 'Available' or 'Guaranteed' we will be able to provisionally hold you a space for up to 48 hours.

For Self-Guided holidays and Private Journeys simply choose your date of travel and let us know so we can confirm all ground services.

The easiest way to confirm your booking is through our website. When you are ready to book, we normally require a 10% non-refundable deposit, but for some holidays this may be more to cover such items as permit fees, internal flights or other non-refundable services. If your travel starts within 60 days of booking, full payment will be required at the time of booking

100% No Surcharge Guarantee

The price paid for our holidays is no longer subject to change. Once booked and confirmed we will guarantee the price you pay will not increase, whatever the circumstances. You will not be approached to pay fuel surcharges unlike the vast majority of other adventure tour operators. The price guarantee applies to all new bookings departing between 1st January 2016 and 31st December 2017.

Trip Itinerary Versions

Itinerary details may vary depending on departure date and alternative itineraries for this tour may exist. Please refer to the dates and prices page on our website to check which itinerary operates on each departure date.

Please ensure that you have an up-to-date copy of these tour notes immediately before you travel, as from time to time our itineraries may be amended, either for operational reasons or in response to feedback from customers. You will be informed of any major changes to your tour but small changes may just be added to these tour notes.

Please note: 2017 itinerary versions are applicable to tours departing in 2017. 2018/19 itinerary versions are applicable to tours departing from 1st January to 31st December 2018.

These trip notes were printed on 22/09/2017 04:15:14