EXPLORE! Tour Notes

PRICE GUARANTEE 100% NO SURCHARGES

The Outer Canaries (OC 2014)

WALK & TREK

TOUR DURATION **9** DAYS

Tour Style: Classic
Tour Comfort: Standard
Tour Type: Small Groups
Trek Grade: Moderate
Tour Code: OC

Tour Highlights - The Outer Canaries

- ✓ Caldera de Taburiente National Park - Trek through La Palma's dramatic walker's paradise
- ✓ Teneguia Volcano - Rugged terrain with beautiful views of the island
- ✓ Alto de Garajonay - Panoramic views of La Gomera from the island's highest peak
- ✓ San Sebastian - La Gomera's lively and colourful port town
- ✓ Tenerife - Explore Mount Teide, Spain's highest peak

Tour Essentials

Accommodation:	2 nights Hostel 6 nights Standard Hotel
Included Meals:	8 breakfasts, 0 lunches, 0 dinners
Start Point:	Join tour: Tenerife
End Point:	Tour ends: Tenerife
Transport:	Bus, Ferry
Countries:	Spain

The Outer Canaries

On this walking trip to the Canary Islands we explore the little-visited islands of La Gomera and La Palma, as well as the perfect volcanic cone of El Teide on Tenerife. We hike through varied and dramatic scenery with steep-sided valleys, quiet villages and the cloudforest of Parque Garajonay National Park.

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.

Tour Comfort: 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.

Your tour itinerary

Tour itinerary notes

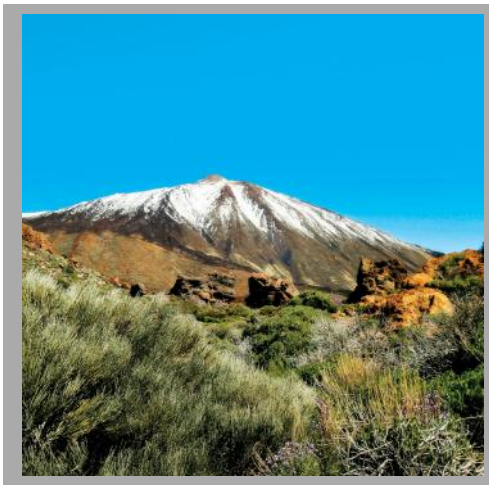
While our intention is to adhere to the day-by-day itinerary as printed below, a degree of flexibility is built in. Overnight stops may vary from those suggested.

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 organisation 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 Join tour on Tenerife

Arrive Tenerife and check-in at hotel, a short drive from Tenerife South airport. Tenerife is the Canary Islands' largest island and probably best known for its sunny beaches. The centre of the island is home to Teide National Park, an area rich in flora and fauna and dramatic in its geological diversity. Spain's highest peak, Mt Teide, sits proudly at 3718 m, in the centre of the park.



Overnight: **Hostel**
Single Rooms Available

DAY 2 Ferry to La Palma

Depending on the ferry schedule there might be time for a short but nice walk to the nearby volcano Montaña Roja affording some good views across the south of the island and across the ocean to Gomera. We then transfer to Los Christianos port and take the ferry to Santa Cruz de La Palma, a journey of approximately 2.5 hours. On arrival we will transfer by taxi to the hotel in Los Llanos. The afternoon is free for a wander around the village.

Overnight: **Standard Hotel**
Single Rooms Available

DAY 3 On La Palma; Teneguia volcano trek

This morning we transfer to the small village Los Canarios, where we can stop off for an optional visit to the San Antonio Volcano Visitor Centre before starting our trek. The most recent volcanic eruption on the Canary Islands was only 40 years ago when the Teneguia volcano in the south of La Palma spewed fire and lava for 24 days. Our trek affords us with beautiful views of Teneguia, the lighthouses, the saltpans and a small fishing cove on the southernmost tip of the island. Later we will pass some rock drawings of the native Guanches. Finally we reach a small bay on the sea where we might have time to swim and relax before the afternoon transfer back to the hotel. (5 hours walking, +100/-750m)

Overnight: **Standard Hotel**
Single Rooms Available

DAY 4 On La Palma; Pico Bejenado trek

This morning we transfer to Cumbrecita, where we can enjoy a panoramic viewpoint of the caldera before starting our trek up to Pico Bejenado (1854m). Although part of the spectacular Caldera de Taburiente and not the highest peak on the island Pico Bejenado is still often described as the only mountain on La Palma because it is separated from the rest of the caldera by a deep saddle giving it a rise of around 500 metres on all sides. This geological status means that the view from the dizzy heights of the peak is one of the best on the whole island. We descend by a different route to find out taxis awaiting us to transfer us back to the hotel. (5 hours walking, +500/-700m)

Overnight: **Standard Hotel**
Single Rooms Available

DAY 5 Ferry to La Gomera; La Laja Village trek

We make a very early start this morning in order to catch the ferry to the green and rugged island of La Gomera. Pulling into the small, pretty port of San Sebastian we immediately get an idea of the terrain, as impressive mountains loom up from the ocean behind the colourful town. After check-in at our hotel we will take taxis to Degollada de Peraza, from where we trek to La Laja Village. Our route follows a winding stone-paved path. We pass a variety of vegetation including aloes and asphodel, which eventually give way to pines and then palms. Our first view of La Laja is with a beautiful backdrop of the domes of Los Roques. We descend into the valley before us and ascend again on the other side before reaching our destination. From La Laja we transfer back to San Sebastian. The afternoon is free to relax. San Sebastian was Christopher Columbus' last stopping place before discovering the Americas, so there are several Columbus sites to be visited including the well where he drew water, his house and the church where he prayed. In addition, San Sebastian has two beaches, a host of restaurants and bars, and narrow streets bursting with life. (3 hours walking, +100/-350m)

Overnight: **Standard Hotel**
Single Rooms Available

DAY 6 On La Gomera; Alto de Garajonay trek

This morning we take a bus ride to Contadero (1350m) from where we begin our trek. We ascend to the island's highest peak, Alto de Garajonay (1484m). On a clear day we will have a splendid 360-degree view of the island. Afterwards we return to the trail and walk through the magic dense vegetation of the Laurisilva cloud forest, the ancient Canaries' jungles only to be found here, on Tenerife and on La Palma. Later we reach the chapel of Nuestra Señora de Lourdes on our way into the Barranco del Cedro, a deep ravine characterised by luxuriant vegetation and a bubbling stream. The trail finally reaches the hamlet of El Cedro. We stop for a lunch break in Buenavista, from where we return to San Sebastian by bus. (4.5 hours walking, +200/-700m)

Overnight: **Standard Hotel**
Single Rooms Available

DAY 7 Free day on La Gomera

Today has been left free. You can take an optional trek to Playa Caleta near Hermigua - a popular spot and well known for its delicious fresh fish - it is a rugged 1.8 kilometre stretch of volcanic black sand, with quite a strong sea current. Our walk starts at our hotel and goes through rugged terrain and a spectacular, deep gorge until we will finally arrive to La Caleta to enjoy a well-earned rest with the chance to have snacks and a coffee. Later we transfer back to the hotel. This optional walk is approximately 4 hours. Alternatively you could drive to Valle Gran Rey for a swim on the sunny side of the island or simply relax in San Sebastian.

Overnight: **Standard Hotel**
Single Rooms Available

DAY 8 Ferry to Tenerife; Mount Teide trek

This morning we drive to San Sebastian port and board a ferry to take us back to Tenerife. From the port of Los Christianos we then drive for approximately one hour to the Teide Plateau where we can walk to the famous Roques de Garcia and on to Guajara Peak, drinking in the views and the fresh mountain air as we go. An alternative easier option is also available along with an optional cable car journey. After descending we drive to our hotel in El Medano. (2 hours walking, +/-100m or 4 hours walking +/-600m)

Overnight: **Hostel**
Single Rooms Available

DAY 9 Tour ends Tenerife

Tour ends after breakfast. If you have more time Tenerife has many beautiful beaches to enjoy.

Accommodation and Meals

Food & Drink

Included meals: 8 breakfasts, 0 lunches,0 dinners included in the price of this tour. 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 Tour

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

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

Walks - As some of the walks are optional, the cost of any local buses or taxis associated with these is not included but shared between the participants - allow €20 if you intend to do all walks

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

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.

Foreign Exchange

Spain

ATM Availability: Your tour leader will advise you on arrival.

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: Your tour leader will advise you on arrival.

Joining your Tour

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

For passengers making their own travel arrangements, please ensure you join the group as described on day one of the tour itinerary. If you are considering purchasing your own airline tickets, you can book these through any travel agent, directly with an airline or through an online flight consolidator. In all cases, we would be happy to arrange transfers to and from the joining point of your tour if required.

Joining Tour Abroad

Clients booked on **'Land Only'** arrangements should make their own way to the joining point. Please refer to separate **'Joining Instructions'** for time and place of rendezvous with tour leader

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 joining **any** of our tours that you must have valid travel insurance. It must indicate that you have cover for (at least) medical expenses and emergency repatriation in the event of illness or injury. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling in England and Scotland. We also strongly recommend your policy includes curtailment, personal effects and cancellation protection as all deposits paid are non-refundable.

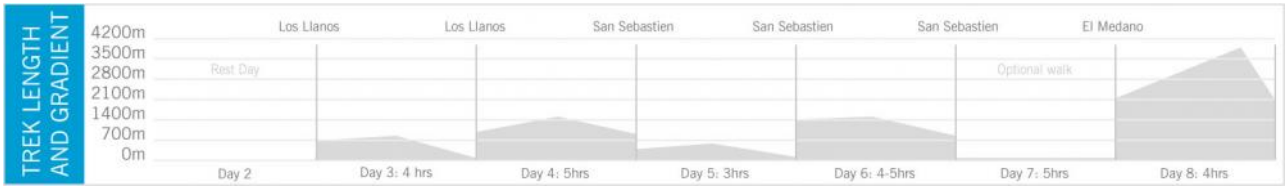
If you require travel insurance for your tour, Explore Worldwide is an appointed representative of Campbell Irvine Limited, who is authorised and regulated by the Financial Services authority. Our travel insurance policy is specially tailored to the needs of the adventure traveller and will cover you for any included activity on any Explore trip. You can either purchase this at the time of booking or call us on 0844 499 0903 after you have booked.

Vaccinations & Protection

Spain

Nothing compulsory. Tetanus recommended. 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 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 Tour



Trekking Details

This holiday includes 5 days of walking with an average of 3 to 5 hours of walking each day. An optional walk is available on a free day. Part of the walk on day 4 may not be suitable for vertigo sufferers. We have graded this trip as moderate although more strenuous walks are available.

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.

Clothing

Bring some lightweight clothing for pleasant, balmy days (including shorts for day walks), but remember that temperatures drop with altitude and that evenings will 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.

Equipment

Bring a water bottle, torch, sunhat, sunscreen and sunglasses. A trekking pole is recommended for the steep descents. On this trip you will have picnics on several walks, it may be worth taking anything that may help in preparation of picnics, for example a lunch box, cool bag, knife, spoon and fork.

Footwear

Walking or trail boots with good ankle support are essential, plus comfortable trainers/sandals for relaxing.

Luggage: On Tour

One main piece of luggage and a daypack. A daypack is essential for walking as your main bags are
taken by the support vehicle. Remember, you are expected to carry your own luggage – so don't overload yourself.

Luggage allowance on tour: 20kg

General Information

Food

The prices for meals and 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. 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 £: 8.00

Dinner £: 15.00

Drink

Spain

Bottle of Beer £: 2.5

Water £: 1.40

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 & tailormade holidays.
- Award winning tour leaders who you can trust.
- Responsible travel is and always has been one 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, elephant, 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.

Our commitment to the environment

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 and traditional, 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: The Sunshine Orphanage (which cares for abandoned children in Luxor, Egypt), Education for All (sponsoring children through their secondary education in Morocco), The Hope Foundation (helping an Indian Village to recover from the 2004 Tsunami) and the Mufindi Orphanage, which support AIDS orphans in Tanzania.

We also care passionately about the world's wildlife. We are patrons of the Born Free Organisation, Travel Operators for Tigers (helping save the Bengal Tiger from extinction) and Friends for Conservation. We have also adopted a beautiful Sri Lankan Elephant called 'Serendip'.

We are delighted to have received a Five Star sustainable tourism status from the Association of Independent Tour Operators in recognition of our on-going commitment to sustainable tourism.

Cool Earth

Explore are delighted to support Cool Earth to reduce carbon emissions through preventing the illegal deforestation of the South America rainforest. One of the top sources of global carbon emissions, rainforest deforestation equivalent to the USA's annual emissions, it also destroys flora and fauna, sometimes to the point of extinction. It also degrades the lives and communities of the 350 million residents of the rainforest.

Cool Earth prevents the deforestation through its support of local communities as forest guardians and by focussing on areas in immediate danger of deforestation. It has so far protected over 350,000 acres of rainforest, with each acre saving an emission of 260 tons of CO2, as well as protecting rare animals and plants. When you travel on an Explore holiday we make a donation to Cool Earth that exceeds the impact of our customers flights each year. In addition to mitigating emissions, when you travel with Explore, you are helping to protect the source of 20% of the world's fresh water and oxygen, as well as the livelihoods of the 1.6 billion people who are reliant on the rainforest. www.coolearth.org

Earth Matters

- The Travel Foundation

  Explore are active members and supporters of the Travel Foundation which has established a variety of sustainable tourism projects in destinations and works with industry to improve practice. Visit their website www.thetravelfoundation.org.uk
- Tourism Concern

  Explore support the work of Tourism Concern who campaign for fairly and ethically traded tourism, and are part of its Ethical Tour Operator Group www.tourismconcern.org.uk
- For further information on responsible travel go to http://www.explore.co.uk/ResponsibleTourism/

Know before you go

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 http://www.explore.co.uk/essential-travel-information/travel-resources/travel-safety

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.

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 2013 and 31st December 2014.

Tour 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: 2014 itinerary versions are applicable to tours departing in 2014. 2015/16 itinerary versions are applicable to tours departing from 1st January to 31st December 2015.

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