

EXPLORE!

Tour Notes



Hiking on La Gomera and Tenerife (OC 2016)



TRIP DURATION
8
DAYS



Tour Style: Classic
Accommodation
Grade: Standard

Tour Type: Small Groups
Trek Grade: Moderate

Trip Code: OC

Trip Highlights - Hiking on La Gomera and Tenerife

- ✓ Garajonay National Park - Explore La Gomera's unique cloudforest
- ✓ San Sebastian - La Gomera's lively and colourful port town
- ✓ Roque Cano - Magnificent rock formation
- ✓ Playa Caleta - Relax on this black volcanic sand beach
- ✓ Mount Teide - Admire the views of this iconic volcano

Trip Essentials

Accommodation: 7 nights Standard Hotel
Included Meals: 7 breakfasts, 0 lunches, 0 dinners
Start Point: Join trip: El Medano
End Point: Trip ends: El Medano, Tenerife
Transport: Bus, Ferry
Countries: Spain

Hiking on La Gomera and Tenerife

On this walking tour to the Canary Islands we explore the quiet island of La Gomera and the perfect volcanic cone of El Teide on Tenerife. On La Gomera we hike through varied and dramatic scenery including beautiful steep-sided valleys, quiet villages, black sand beaches and the verdant cloudforest of Garajonay National Park. The tour ends with a walk in El Teide National Park taking in the spectacular views of this iconic Tenerife landmark.



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.

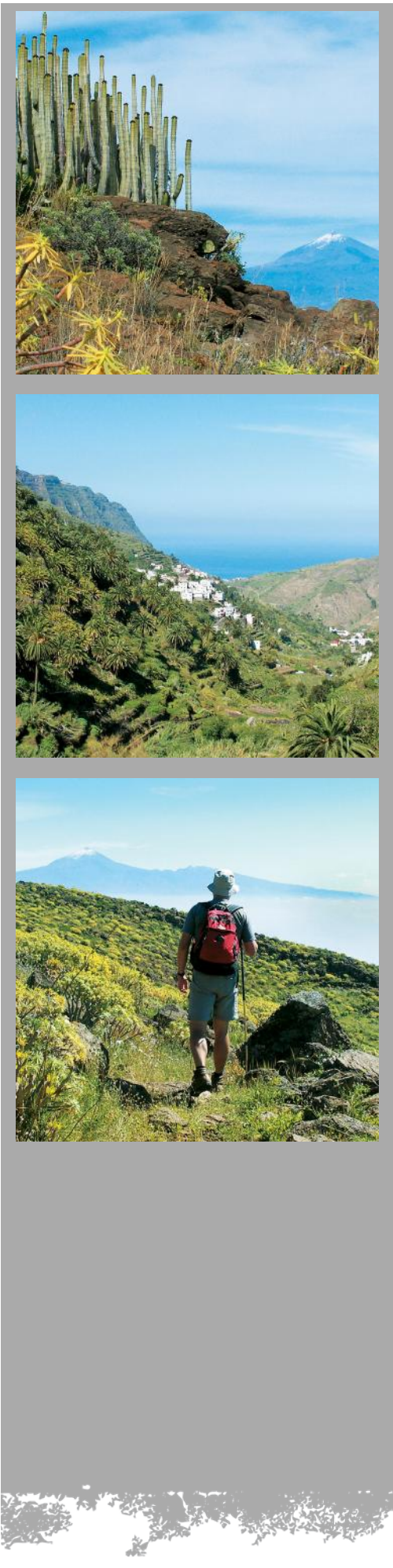
Your trip itinerary

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 Tour starts El Medano, Tenerife

Our tour starts in El Medano on the south coast of Tenerife, a short journey from Tenerife South airport (15 minutes) and Los Cristianos port (25 minutes). El Medano is a laid back coastal resort popular with locals and visitors, with a long, natural, golden sand beach stretching from the town square to the foot of Montana Roja (a local landmark and nature reserve), two further beaches and a choice of restaurants and bars. The beaches are particularly popular with windsurfers and kite boarders, and people wanting to avoid the bigger resorts.

Overnight: **Standard Hotel**
Single Room Available



Included Meals: None

DAY 2 Ferry to La Gomera. Descend to Chejelipes via La Laja village

This morning we drive to the port of Los Cristianos and take a ferry to the green, verdant island of La Gomera. Docking in 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 checking into our hotel we drive up to Collada de Peraza, the start of our first walk. From here we follow the trail down a winding stone-paved path, through a variety of vegetation including aloe and asphodel, and later pines and then palms. Our first view of La Laja village is with a beautiful backdrop of the domes of Los Roques, prominent striking rock formations that are a major feature of this part of the island. We descend into the valley, ascending on the other side and arrive to the village. We then continue along a quiet rural road following the valley to Chejelipes where we meet our bus and return to San Sebastian. Later we can explore the harbour and backstreets of the town. San Sebastian was Christopher Columbus' last stopping place before discovering the Americas, so there are several 'Columbus' sites that can 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. Our walk covers 12 kilometres over three and a half hours. We descend on stone-paved paths, unmade hillside paths and a rural road. The total ascent and descent is approximately +300m / -1000m.

Overnight: **Standard Hotel**
Single Room Available



Included Meals: Breakfast

DAY 3 Walk from Vallehermoso to coastal town of Agulo

Our day starts with a drive to Vallehermoso in the north of the island. This peaceful small town is surrounded by steep hills, palm trees and dry zone vegetation and is the starting place for some of La Gomera's most beautiful hiking trails. We follow a trail passing Roque Cano (a distinctive rock feature of the area), terraced fields and banana plantations to the coastal town of Agulo. Agulo was one of the island's first towns and its colonial buildings, winding streets and position directly above the sea have led to it being known as one of La Gomera's most beautiful places. On a clear day the volcanic cone of El Teide on Tenerife dominates the horizon. We spend some time exploring the town or relaxing in one of the cafes before returning to San Sebastian for the evening. Today our walk covers 14 kilometres over approximately five hours. We walk on unmade hillside trails, unmade roads and a short distance on pavements. The total ascent and descent is approximately +900m / 850m.

Overnight: **Standard Hotel**
Single Room Available



Included Meals: Breakfast

DAY 4 Explore cloud forest and ascend to Alto de Garajonay

Today we drive to Contadero (1350m) from where we begin our first walk, through Garajonay National Park. We start by ascending the island's highest peak, Alto de Garajonay (1484m), from where on a clear day we will have a splendid 360-degree view of the island. We then continue on the trail through the dense vegetation of the Laurisilva cloud forest, ancient Canaries' jungle only found on the Outer Canary Islands: La Gomera, Tenerife and La Palma. Later we reach the chapel of Nuestra Señora de Lourdes, and Barranco del Cedro a deep ravine surrounded by lush vegetation with a bubbling stream at the bottom. The trail then passes through the hamlets of El Cedro and Buenavista, from where we walk over the final hill to meet our bus and return to San Sebastian for the evening. Our walk covers 15 kilometres over approximately four and a half hours. The terrain is unmade paths. The total ascent and descent is +300m / -900m.

Overnight: **Standard Hotel**
Single Room Available



Included Meals: Breakfast

DAY 5 Walk to the black sand beach of Playa Caleta

This morning we drive to the northeast of the island to Hermigua for a walk down to Playa Caleta. Starting from the village we descend down through rugged terrain, banana plantations and a spectacular deep gorge. Playa Caleta has a volcanic black sand beach and the area is well known for its delicious fresh fish. From here we have the option to take a circular walk to Punta San Lorenzo (4km, 1 hour). Alternatively we can relax on the beach or in one of the local cafes, before meeting our bus and returning to San Sebastian. Today our main walk covers 11 kilometres over five hours. Again we are walking on unmade hillside paths. The total ascent and descent is approximately +650m/ -850m.

Overnight: **Standard Hotel**
Single Room Available



Included Meals: Breakfast

DAY 6 Free day. Optional coastal walk

Our last day on La Gomera is free to relax or explore the local area. Options include a walk along the coastal path to Cabrito Beach (a 15 kilometre, three and a half hour walk).

Overnight: **Standard Hotel**
Single Room Available



Included Meals: Breakfast

DAY 7 Ferry to Tenerife. Circular walk on El Teide

This morning we drive to San Sebastian port and board a ferry to take us back to Tenerife. From the port of Los Cristianos we drive for approximately one hour to the Teide Plateau where we make a circular walk to Roques de Garcia. (Depending on the group and local conditions there may be an option for those wishing to, to take the tougher walk to Guajara Peak). Later we drive to El Medano and the coast for our last night. Our last walk covers four kilometres over two and a half hours. We walk on marked paths. The total ascent and descent is +100m / -100m.

Overnight: **Standard Hotel**
Single Room Available



Included Meals: Breakfast

DAY 8 Tour ends El Medano, Tenerife

Our tour ends today after breakfast, in El Medano.



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 £: 2.50

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

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 the optional walks.

El Teide cable car: 13.50€ single 27€ return

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. 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.

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.





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.

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: Visas are not required by UK, Australian, New Zealand, US and Canadian citizens. Other nationalities should consult their local embassy or consular office.

All visa information is subject to change. You should confirm all visa related questions with the relevant Embassy prior to departure.

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	3.5hrs
Day 3	15km	4.5hrs
Day 4	15km	4.5hrs
Day 5	11km	5hrs
Day 6	15km	3.5hrs
Day 7	5km 5km	2.5/2.5hrs

 Optional Walks

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 the free day. We have graded this trip as moderate.

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

Bring some lightweight clothing for pleasant, balmy days (including shorts for day walks), but remember that temperatures drop with altitude and that evenings may be cool so a warm sweater or fleece is essential. As mountain weather is changeable it is important to bring a waterproof and windproof outer garment.

Equipment

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

Footwear

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

Luggage: On Tour

The allowance is one main piece of luggage and a daypack. Remember, you are expected to carry your own luggage between our transport and hotel - so don't overload yourself.

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

EXPLORE!

Share your experiences with us



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.

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, 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), Dekamer (a turtle rescue centre in Turkey) and Kids Saving the Rainforest (a wildlife rescue centre in Costa Rica supported through the LATA foundation). We also care passionately about the world's wildlife. We are patrons of the Born Free Organisation and Friends of Conservation.

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

- [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 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 www.explore.co.uk/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.

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: 2016 itinerary versions are applicable to tours departing in 2016. 2017/18 itinerary versions are applicable to tours departing from 1st January to 31st December 2017.

These trip notes were printed on 29/09/2016 13:35:21