



# HIKING IN LA GOMERA AND TENERIFE

Canary Islands



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## 1 Introduction

Why is that we call the fortunate islands to the **Canary Islands**? Is it because of its beautiful landscapes? Is it because of its good climate? Is it because its rich biodiversity? Or the endless possibilities for sports? Or the beaches? Or the food? Or maybe for its interesting history and the friendly people? Well, it is a bit of everything... And as a proof, we invite you to see it for yourself in two of the most representative islands: **Tenerife** and **La Gomera**.

The Canary Islands are an archipelago in front of the northwest coast of Africa. They are steep volcanic islands mostly known for their white and also black sandy beaches. Historically, they have been considered as a bridge between three continents: Africa, America and Europe. And not only for the geographical and cultural links through history, but also because in many of them the variety of climates gives place to a very diverse biodiversity, and the rich geology makes that in many occasions we talk about continent-islands, with landscapes typical from Europa, Africa and even America. Maybe this is the reason for finding four National Parks, and that all of the islands are home to **Unesco Biosphere Reserves**, and that some areas have been declared a **Unesco World Heritage**.

We start our journey in La Gomera, the second smallest island of the archipelago. An island with a rough volcanic mountainous outline, covered by trails, many of them surrounded by thick fern forests and trees covered in moss at **Garajonay National Park**. But also we will have time to enjoy the black sandy beaches bathed by the Atlantic Ocean, or to learn more about the culture and history of the island: like for example the “silbo gomero”, an old whistling language that is still in use and is learnt at the schools; or the interesting traces of history that have been left in the capital **San Sebastián de la Gomera**. Well, it seems like we are hungry once again, how about “papas arrugás” with some “mojo” sauce?

And from one of the smallest islands we change to the biggest: **Tenerife**, also known as the island of the endless spring. The island is dominated by an active volcano, **Teide**, the roof of Spain at 3.718 metres above the Atlantic Ocean. This is an attraction for mountaineers that we will enjoy from different panoramic points, at the same time that we visit other natural attractions like **Cañón de Masca, Los Gigantes, Anaga**; or the old towns of picturesque villages like **San Cristobal de la Laguna, La Orotava** and **Garachico**; as well as the beaches of **San Roque and Tamadite**. Has anybody thought about a fresh fish meal next to the sea?

## 2 Destination

La **Gomera**, nicknamed as Colombina Island, was the last stop of **Christopher Columbus** before his trip to the American continent in 1492. It is a **World Biosphere Reserve**, home to the **Garajonay National Park**, with its ancestral laurel forest. The **gomero whistle** is a peculiar language based on invented sounds that is still used by some inhabitants of the island to communicate in a fast and less technological way than the current one. The reason is the complex orography of the island.

La **Gomera** presents a complex and abrupt relief. Ridges, rocky outcrops such as **Roque de Agando**, gorges and abrupt coasts mark the complexity that forced its inhabitants to inhabit less dramatic and more functional places for daily life. Thus they were able to develop small crops that allowed their subsistence.

**San Sebastián de la Gomera** is the capital of the island. It is the arrival point of the ferries and it enjoys an ideal quiet environment to tour its old streets and visit some monuments such as the **Torre del Conde** (Earl’s Tower) and the **church of Asunción**. Nothing better than dismiss the day in one of its typical restaurants tasting fresh fish accompanied by *wrinkled potatoes* with *mojo*.

The island of **Tenerife**, like the rest of the Canary Islands, has a volcanic origin. We find here the highest mountain not only of all the Canaries, but also of **Spain**: the **Teide** (3.718 m).

The island is divided in two sides, separated by a line of mountains that runs all over the island. From the west to the east we find the Massif of Teno, in the central area it is the Teide and all its volcanic building forming **Cañadas del Teide National Park, Cumbre Dorsal, Bosque de la Esperanza** to finish in the most western part where the Anaga Massif is. To the south, a drier landscape with typical vegetation of arid zones and to the north humid forests (laurel in some zones) product of the collision of the trade winds, loaded with humidity, against the north face of the island.

In addition to its great network of hiking trails, Tenerife has some cities and towns of interest. **San Cristobal de la Laguna** is an example of a well preserved historical centre. Other places of interest are **La Orotava** and **Garachico** in the north of the Island.

We could enjoy a meal of fresh seafood in some small village on the jagged north coast like for example **Taganana** in the **Rural Park of Anaga**, or maybe in one of the impressive beaches of the south like el Médano.

### 3 Basic information

Destination: La Gomera and Tenerife, Canary Islands (Spain).

Activity: Hiking.

Difficulty: \*, \*\*.

Length: 8 days.

Season: All year.

Minimum-Maximum group: 4-8 people.

#### 3.1 Required physical condition and type of terrain

Physical level	Total elevation	Kms	Physical Condition
*	Up to 600 m	Up to 16 km	Normal: occasional sport practice
**	Up to 1200 m	Up to 23 km	Good: regular sport practice
***	Up to 1400 m	Over. 23 km	Very good: strict sport practice

Physical level category does not have to correspond exactly with given ascent and kilometers at the same time.

#### Type of terrain

\* Good conditioned forest tracks and trails

\*\* Good conditioned trails. Presence of stones and roots on the way requiring attentive hike.

\*\*\* Bumpy, stone loose tracks, including off trails

Physical level: gentle excursions suitable for active people who walks on the mountain at weekends and who is able to make slopes of between 500 and 700 meters daily at a leisurely pace with a duration between 3- and 5-hours including stops.

Technical level: itineraries that are made entirely by walking.



## 4 Programme

### 4.1 Programme outline

**Day 1.** Flight to **Tenerife**. Transfer to the accommodation in Los Cristianos. Meeting with all the participants.

**Day 2.** Ferry Los Cristianos port to San Sebastián de **La Gomera**. Excursion **Alojera-Valle Gran Rey**.

Distance 16 km. Elevation gain + 800 m - 900 m. Time: 5-6 hours

**Day 3. National Park of Garajonay. Alto del Contadero - El Cedro - Hermigua.**

Distance 8 km. Elevation gain + 50. - 1.000 m. Time: 4-5 hours

**Day 4. The Canyon of Masca - Masca Beach - Los Gigantes. Massif of Teno.**

Distance 4,2 km. Elevation gain + 20m - 640 m. Time: 3-4 hours. Accommodation in Gigantes, Santiago del Teide (Tenerife).

**Day 5. El Palmar - Erjos - Los Silos. Rural Park of Teno.**

Distance 13 km. Elevation gain + 500m - 800 m. Time: 5-6 hours.

**Day 6. Cañadas del Teide National Park.** Circular tour of **Guajara Mountain** (2.718 m).

Distance 9 km. Elevation gain + 650m - 650 m. Time: 4-5 hours

**Day 7. Afur-Playa de Tamadite-Taganana. Parque Rural de Anaga.**

Distance 9 km. Elevation gain + 350m - 350 m. Time: 3-4 hours

**Day 8.** Transfer to the airport and return trip.

### 4.2 Detailed programme

**Day 1.** Flight to **Tenerife**. Transfer to the accommodation in Los Cristianos. Meeting with all the participants.

**Day 2.** In Los Cristianos port we will take the ferry to San Sebastián de **La Gomera**. Excursion **Alojera-Valle Gran Rey**.

After sailing from **Tenerife** and enjoying the magnificent views of the **Teide** from the ocean, we will reach **La Gomera**, an island that will host us for two days.

The route will follow a mountain range with beautiful landscapes over the ocean from a considerable height and the views of the island of **La Palma** and of **El Hierro**. **La Mérica** (857 m) will be the culminating point for descending to the south, first by soft terrain and then steeper until reaching **Gran Rey Valley**, a small town surrounded by huge cliffs and a large palm grove.

We will have fresh fish at some tavern in the area and later, by car, we will visit the western and northern part of the island, making some interesting stops.

Distance 16 km. Elevation gain + 800 m - 900 m. Time: 5-6 hours

Accommodation in San Sebastián de La Gomera.



### **Day 3. National Park of Garajonay. Alto del Contadero - El Cedro - Hermigua.**

This must-see National Park has Hides one of the best preserved **Laurisilva** forests in the world. The dominant trade winds in the islands lead humid air masses against the slopes of this abrupt island, impregnating them with a high degree of humidity, allowing the development of numerous plant species.

On the way to the starting point of the route we will enjoy a road with good views and the famous **Roque de Agando**, a huge rocky mountain that protrudes over the highest mountain range of the island

Starting in **Contadero** we will start our way through the Laurisilva forest, always descending. The ferns, the great variety of species of trees and the moss that cover the trunks of the forest are of enormous beauty. We will cross the hermitage of Nta. Sra de Lourdes and we will reach the place of the Cedar where we will stop to enjoy the surroundings. From here, an abrupt geographical step separates us from the bottom of the valley. Views over the Cedro canyon, the Chorro waterfalls and the Teide on the neighbouring island. Arriving at the end of the itinerary we will cross agricultural land with banana trees, vines and multicolour flowers.

Distance 8 km. Elevation gain + 50. - 1.000 m. Time: 4-5 hours

Accommodation in San Sebastián de La Gomera.



#### **Day 4. The Canyon of Masca - Masca Beach - Los Gigantes. Massif of Teno.**

We will take the ferry to Tenerife. Transfer to Masca

This is one of the most famous tours of the **Tenerife** Island.

The starting point is **Masca**, a small village at 620 m, which is reached by one of the most beautiful mountain roads of the island that goes along the deep gorges with the views of La **Gomera** and La **Palma** islands at the bottom.

From here, the first meters of footpath present greater unevenness and later we will continue losing meters, but more gently. The geology that we can observe is superb, with varied **volcanic formations** that the strong erosion of the water has left exposed.

The arrival to the **beach of Masca**, will reward the effort made so far and we will take a bath while we wait for the ship that will take us to the Port of the Giants.

Distance 4,2 km. Elevation gain + 20m - 640 m. Time: 3-4 hours. Accommodation in Gigantes, Santiago del Teide (Tenerife).





#### Day 5. El Palmar - Erjos - Los Silos. Rural Park of Teno.

Today will be a day of contrasts. From the north coast starting from **El Palmar**, we will travel banana plantations that will suddenly disappear because we will get in an abrupt terrain, before we enter a forest of wet **laurisilva**, due to the Fogs that use to be here, between 600 and 900 meters high. We will reach the summit of **Las Almejeras** (774 m), we will border the **Monte del Agua**, to have lunch in the village of **Erjos** and descend to the starting point through a beautiful canyon surrounded by abrupt volcanic walls.

Distance 13 km. Elevation gain + 500m - 800 m. Time: 5-6 hours.

Accommodation in Gigantes, Santiago del Teide (Tenerife).

There is the option to finish the day in **Erjos** and save 700 meters of descent, although the beauty of the tour encourages to complete the stage.





**Day 6. Cañadas del Teide National Park.** Circular tour of **Guajara Mountain** (2.718 m).

It does not matter which road we use to reach the top of Mount **Teide**. From **Santiago del Teide, La Orotava** or from **San Cristóbal de La Laguna**, we will make several stops during the ascent to photograph the landscape of the **Cañadas del Teide National Park**.

We choose the **Guajara Mountain** because it is a great watchtower to observe the entire **caldera of Teide** and other islands of the archipelago such as **Gran Canaria, El Hierro, La Gomera and La Palma**. Departing from the National Parador and in a clockwise direction we will reach the **Degollada de Guajara** (2,385 m) and then by its east slope we will reach the summit. Descent by the same itinerary.

Distance 9 km. Elevation gain + 650m - 650 m. Time: 4-5 hours



The climatic peculiarities of the **Canary Islands** and in particular **the Cañadas del Teide National Park** make that although the climate is generally dry, in height we can find cold weather, wind and the presence of the clouds. However, depending on the weather conditions we will choose to make one itinerary or another.

Accommodation in La Laguna (Tenerife).

**Day 7. Afur-Playa de Tamadite-Taganana. Parque Rural de Anaga.**

At the eastern end of **Tenerife** is one of the most abrupt corners of the island. We are talking about the **Natural Park of Anaga**, which, like the rest of the island, has a leafy north slope due to the effect of the Trade Winds, and a more arid southern slope but enormous plant wealth. From the road from San Cristóbal de La Laguna to Anaga we could watch both sides of the road and we will also cross humid forests with persistent mists to sunny areas to the south.

From Las Casas de Afur and then along the homonymous canyon, we will reach **Tamadite Beach**, which is only reached by foot or by sea, and where we will stop to have a sit on a rock and see the beat of waves.

The last part of this stage leads us to **Taganana** through a gentle road parallel to the sea and with wide views of the north western coast of the island, one of the sections we like the most! We will cross ancient vineyards and wineries where a tasty wine was made.

Nearby is the **San Roque Beach** which once the excursion is finished will be a good place to taste fresh fish while the waves crash against the steep north coast of Tenerife.

Distance 9 km. Elevation gain + 350m - 350 m. Time: 3-4 hours

Accommodation in La Laguna (Tenerife).



**Day 8.** Transfer to the airport and return trip.

## 5 More information

Price per person: 946€ (from 4 people).

### 5.1 Included

- 4 hotel nights in double room, breakfast included. 3 nights apartment lodgement, breakfast included. Consult individual supplement.
- Private transport during the trip.
- Round trip Ferry Tenerife-La Gomera-Tenerife.
- Professional Mountain guide services for the whole trip.
- Rescue and accident insurance
- Trip management.
-

## 5.2 Not included

- Flights (Muntania offers this service for an additional cost of 20€)
- Meals (lunch and dinner)
- Any other activity not including in the programme
- Ferry from Masca Beach to Los Gigantes, and the taxi to go back

## 5.3 Required equipment

- Backpack (20-30 litres).
- Trekking boots or mountain sneakers.
- Expandable hiking poles.
- Technical clothing:
  - Socks.
  - Long and short trekking pants.
  - Thermal t-shirt (base layer)
  - Fleece jacket or similar (second layer)
  - Gore-Tex jacket or similar (third layer)
  - Cap for sun protection
- Sunglasses
- Head lamp (extra batteries)
- Water bottle or canteen (1 litre minimum)
- First aid kit and essential toiletries
- Sunscreen and SPF lip balm
- Camera
- Swimming suit

## 5.4 Observations

### **Date Flexibility**

Aside from the regular travel trip dates, we are flexible to reconsider new dates if those are more convenient to the client's leisure plans. Do not hesitate to contact us should you have any different dates in mind.

### **Time and meeting point**

One week prior to the trip departure date, an email will be sent to each participant to give away the meeting point and time along with the guide contact information. At this point any information considered essential to the trip organization will be shared.

### **Plane tickets (if applicable)**

If case you wish us to handle you plane ticket, please contact us with airport arrival and departure details and number of needed luggage. Before issuing any ticket, Price and details Will be send to the client for its approval.

Muntania fee for plane ticket management is 20€ per person.



If, otherwise, you handle your plane tickets, please coordinate with us before hand to check on arrival and departure information.

Please take into consideration getting with you on your carry-on luggage some set of clothing in case of checked luggage lose.

## **5.5 Insurance policy**

All activities in Spain have an accident insurance included in the price. Yet, if you practise mountain sports regularly and also travel frequently, **we suggest you get a travel insurance**, that as well as covering any accident and rescue it also protect you against many other situations.

If you do not have a travel insurance you can acquire one with our travel agency. Exploring Spain processes all insurances with **Intermundial**. The cost of these insurances is lower if you buy it through Exploring Spain than if you do it directly with Intermundial.

### **EU RESIDENTS**

#### **Ski/Aventure Plus**

It is a **travel insurance** and also **covers the practise of many sports and activities**. You can get one for the duration of the trip or for the whole year, being able to choose the starting date. If you get the insurance for a year, it will not only be valid for the trip with Exploring Spain but also it will be valid for any other trips or activities you may do during that year.

#### **Ski/Aventure Plus with Cancelation**

It has the same coverage that the previous insurance but also you will be cover in case of cancelation of the trip and tickets in case of force majeure (sickness, injury...) for yourself and/or a relative.

The travel insurance with cancelation that we offer, allows a refund of the costs already paid for up to 1.000 €. If the cost of the trip and flights is higher, you can extend the amount covered (under request).

#### **Multi-assistance Plus with or without Cancelation**

Both Multi-assistance Plus with or without Cancelation are **travel insurances with better coverage** than the Ski/Adventure Plus with or without cancelation but they **do not cover the practise of sports**.

This insurance can be of your interest if you already have an accident and rescue insurance that covers the activity that you will be doing in the trip, but you do not have a travel insurance. It can also be useful if you are interested in a trip without practising any sports.

### **NON EU RESIDENTS**

#### **Incoming Cancelation Plus**

This insurance covers the costs of the trip and the tickets if you have to cancel the trip before the departure because of different reasons like for example a sickness (see conditions of the insurance).

This insurance can be useful if you already have a travel insurance but it does not cover the cancelation of the trip or if you already have an insurance covering sports and activities.

### **Incoming Ski/Aventure Plus with Cancelation**

It is a **travel insurance** and also **covers the practise of many sports and activities**. You will also be cover in case of cancelation of the trip and tickets in case of force majeure (sickness, injury...) for yourself and/or a relative. You can get one for the duration of the trip or for the whole year, being able to choose the starting date. If you get the insurance for a year, it will not only be valid for the trip with Exploring Spain but also it will be valid for any other trips or activities you may do during that year.

The travel insurance with cancelation that we offer, allows a refund of the costs already paid for up to 2.000 €. If the cost of the trip and flights is higher, you can extend the amount covered (under request).

\*Consult prices and conditions for Intermundial insurances with Exploring Spain following this link:  
<https://www.exploring-spain.com/insurances>

### Included accident and rescue insurance

\*\* Included accident and rescue insurance. Nº POLIZA 4020006195 Muntania Outdoors. Assistance phone number 24h 902 09 15 57 (it is the contact number for the insurance company Prebal, Previsión Balear M.P.S).

\*\*\* It is the customer's responsibility to inform the insurance company about the accident as soon as possible. Prior the departure for the trip, we will send you an email with the insurance policy number and the assistance number so you can have it during the trip.

\*\*\*\* Depending on where the accident happens, the customer will have to pay in advance if the insurance company indicates it, being the payment refunded by the insurance company within the policy's limits. In any case Exploring Spain – Muntania Outdoors S.L. is responsible for any advance payment required for the rescue or assistance.

## **5.6 Links of interest**

- <http://www.holaislascanarias.com>
- <http://www.lagomera.travel/islas-canarias/la-gomera/es/explorar/senderismo-en-la-gomera/>
- <http://www.webtenerife.com/que-hacer/naturaleza/senderismo/senderos/>
- <http://www.todotenerife.es/es/article/show/5049/0-red-de-senderos>

## **5.7 Highlights**

- Spectacular volcanic landscapes and forests of Laurisilva.
- Great variety of landscapes.
- Good weather.
- Good gastronomy.

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## 6 Contact

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