



HIKING IN GRAN CANARIA

World Biosphere Reserve-2020



Exploring Spain

TABLE OF CONTENTS

1	Introduction.....	1
2	Basic Information	2
2.1	Required physical condition and type of terrain.....	2
3	Programme.....	2
3.1	Outline programme	2
3.2	Detailed programme	3
4	More information.....	4
4.1	Included	4
4.2	Not included	4
4.3	Packing list	4
4.4	Observations	5
4.5	Insurance policy.....	6
4.6	Links of interest	6
4.7	Highlights.....	7
5	Similar trips.....	8
6	Contact	8

1 Introduction

Gran Canaria is not only an island full of beaches, it is also an island with plenty of valleys and mountains and with good weather most of the year. **Gran Canaria** is like a continent at a small scale and in the middle of the ocean, with a mix of ingredients that make it the perfect place for hiking.

The **Unesco** has declared it a **Biosphere Reserve**.

We invite you to discover this wonder full of forests, dunes, volcanoes and palm groves. A wild nature full of contrasts, considered one of the most valuable ecosystems in the world.

Travel to **Gran Canaria** to know, along beautiful paths, the solitary and gorgeous mountains and the valleys of the island.

2 Basic Information

Destination: Gran Canaria (Spain)

Activity: Hiking

Level: PL*/** TT **

Duration: 7 days.

Time of the year: All year round.

Group size: 4-8 people.

2.1 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

Observations. Walks are suitable for active people who does some hill walking frequently and that are able to climb between 700 – 1.2750 metres daily at an easy pace and with a duration of 5 to 7 hours including stops.

3 Programme

3.1 Outline programme

Day 1. Arrival to Gran Canaria

Day 2. The palm grove of Santa Lucía de Tirajana

Distance 11 km. Ascent +400 m – 357 m. Time 4h 30min

Night in Agüimes.

Day 3. Tirajana Caldera

Distance 15 km. Ascent +565 m – 565 m. Time 4h 30min

Night in Agüimes

Day 4. Pico de las Nieves

Distance 11 km. Ascent + 756 m – 756 m. Time 5h 30min

Night in Tejeda.

Day 5. Roque Nublo circular route

Night in Tejeda.

Distance 9 km. Ascent + 525 m – 525 m. Time 4h 30min

Day 6. Tilos de Moya

Night in Agaete

Distance 10 km. Ascent + 500 m – 550 m. Time 4h

Day 7. Outbound flight.

3.2 Detailed programme

Day 1. Arrival to Gran Canaria

Reception of participants and transfer to **Agüimes**

Day 2. The palm grove of Santa Lucía de Tirajana

On our first day we will visit the most important palm grove of **Gran Canaria**. In the past, the palm groves occupied most of the island, but human activity has caused a retreat. This route goes through one of the best and biggest palm groves of **Gran Canaria**.

Distance 11 km. Ascent +400 m – 357 m. Time 4h 30min

Night in Agüimes.

Day 3. Tirajana Caldera

Tirajana Caldera is a place of extraordinary beauty, where the high mountains meet the deep gullies. In this circular route we will walk into one of the Canaries pine tree forests of the south that forms part of the region of **Tirajanas** to get to the edge of the **Tirajana Caldera**, a hollow carved by the erosion of the rains.

Distance 15 km. Ascent +565 m – 565 m. Time 4h 30min

Night in Agüimes

Day 4. Pico de las Nieves

Today we will explore the summits of **Gran Canaria**. We will travel by car to Llanos de la Pez to go over the path that connects **Pico de las Nieves** and **Pico de la Catedral**. From the heights we will contemplate **Tenerife** and **Teide**. The views and the volcanic rock formations are a spectacle worth seeing.

Distance 11 km. Ascent + 756 m – 756 m. Time 5h 30min

Night in Tejeda.

Day 5. Roque Nublo circular route

In today's route we will visit the **Roque Nublo Natural Monument**, located at the top of the Gran Canaria island, in the municipality of **Tejeda**. **Roque Nublo** is the remains of the plug of a great volcano and it is the most iconic image of the island of **Gran Canaria**. It is situated in the geographical centre of the island, overlooking Calderas de Tejeda.

Night in Tejeda.

Distance 9 km. Ascent + 525 m – 525 m. Time 4h 30min

Day 6. Tilos de Moya

We can't leave the island without visiting one of the laurel forests that still remain in the Canarias archipelago. It is situated above **Barranco de Moya** and forms part of the **Doramas Rural Park** with the distinction of **Special Natural Reserve**. It is home to endangered endemic species like **cresta de gallo**.

Night in Agaete

Distance 10 km. Ascent + 500 m – 550 m. Time 4h

Day 7. Outbound flight.

4 More information

Price. 990 euros. (supplement single room 180 euros)

4.1 Included

- Certified mountain guide for the whole trip.
- Accommodation:

3 nights in **Hotel Rural Casa de Los Camellos** (Agüimes) in a double room with breakfast.

2 nights in **Hotel Parador de Cruz de Tejeda** (Tejeda) in a double room with breakfast.

1 nights in **Hotel & Spa Cordial Roca Negra** (Agaete) in a double room with breakfast.

- Private transport.
- Accident insurance.
- Trip management.

4.2 Not included

- Flight tickets. (Possibility to arrange flights with Exploring Spain)
- Meals.
- Any additional activity.

4.3 Packing list

- Backpack (25-35 litres).
- Trekking boots or walking shoes.
- Technical clothing:
 - Socks.
 - Long and short trekking trousers.
 - Thermal t-shirt (base layer)
 - Fleece jacket or similar (second layer)
 - Gore-Tex jacket or similar (third layer)

- Cap or hat for sun protection
- Sunglasses
- Water bottle (1 litre minimum)
- First aid kit and essential toiletries
- Sunscreen and SPF lip balm
- Expandable hiking poles.
- Camera

The luggage not needed during the walks or visits will be stored at the hotel/apartment. The days when we change accommodation, the luggage will be kept at the private vehicle while the group is doing the different activities and it will be collected at the new accommodation after all the visits have finished for the day.

We kindly ask you to pack a reasonable size suitcase as the storage space in the vehicle is limited.

4.4 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 your 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.

Double/sinlge room

There is the option to book a single room if there is availability. Please ask for more info if you are interested in this option.

If you don't want to pay the single room supplement, you can ask for a shared room. The availability of this option will depend on other passenger being interested in this option. We will try to find a roommate of the same gender but if this is not possible, we will always ask both parts for their consent. If the group number is

uneven and everyone wants to share, the last person to make the payment will have to pay the single room supplement.

Other

The selection of itineraries can suffer changes due to bad weather conditions or other serious reasons. In any case, the guide will provide with the best alternative option.

The order of the itinerary can vary to adapt to the accommodation or attraction's availability.

Any change in the itinerary caused by reasons not related to Muntania Outdoors (for example weather conditions) could incur an extra fee for participants.

4.5 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.

4.6 Links of interest

- <https://www.grancanaria.com>

4.7 Highlights

- Small groups (4-8 people).
- Spectacular landscapes.
- Very varied scenery.

- Good weather.
- Delicious food.

5 Similar trips

- Hiking in El Hierro. Canary Islands.
- Hiking in Fuerteventura and Lanzarote. Canary Islands.
- Hiking in La Gomera and Tenerife. Canary Islands.
- La Palma Island, the hiking paradise.
- Hiking in the Mediterranean Coast. Cabo de Gata and Axarquía.

6 Contact

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