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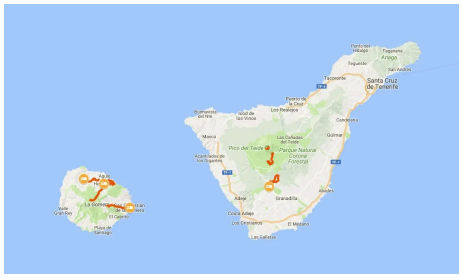
COASTS & ISLANDS WALKING

type :	Self-Guided Hiking Tours
level :	
duration :	8 days
period:	Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec
code:	ESSWS03

Volcanic islands: Tenerife & La Gomera - Spain

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8 days, PRICE FROM *€ 1010*



On **Tenerife** and **La Gomera** you will find all the uniquely fascinating landscapes of the Canary Islands quite close together. Both islands are **volcanic** in origin, but with very different countryside.

Tenerife is dominated by colourful lava fields, vast and barren, at the foot of Spain's highest peak: El Teide. The neighbouring island of **La Gomera is the greenest of the "Canarias"**, carpeted with dense vegetation in its mysterious laurel woods, where centuries-old trees clothed in moss give the impression of a tropical rain forest.

Equally beautiful are the sculpted landscapes in the valleys, where humans have constructed terraces for exotic plantations of banana, papaya and mango trees. In sharp contrast to Gomera's barren coastline of steep cliffs and hidden coves.

Both islands offer endless opportunities for hiking, with temperate sunny weather throughout the year.

Route

Day 1 Arrival in Tenerife

Arrival at TFS airport and transfer to the high village of **Vilaflor** where you'll spend 3 nights at the welcoming hotel, with garden and swimming pool.

Day 2 Hike near Vilaflor, 14 km

After a short 10min transfer, you begin an intriguing walk through a veritable "moonscape" ('Paisaje Lunar') north of Vilaflor, following well-maintained way-marked tracks / paths. Pleasant pine woods and striking views over strange volcanic rock and southern Tenerife. At the end, you walk back to the hotel.

Distance: 14 Km

Ascent/Descent: +475/-675 m

Day 3 Walks near/ on El Teide, 8 o 4,5 km

This morning you take the bus to the **Parador at El Teide**. A 2,5-hour circular walk at **Roques de Garcia**, near the Parador. Another option is to be dropped of at the cable car and do a short walk (max 1hr) around the peak (at an elevation of 3500m!) then walk from the lower cable car station back to the Parador (1,5hrs). Last bus for Vilaflor leaves the Parador at 16hrs!

Distance: 8 Km

Ascent/Descent: +250/-300 m

Day 4 Garajonay National Park, 10 o 13 km

After an early breakfast, you have a 30min private transfer to **Los Cristianos harbour** to get the first ferry to La Gomera (9.00 or 9.30hrs / travel time is approx. 40min). In San Sebastián de la Gomera, a taxi will be waiting to take you to **El Contadero**, a remote crossroads high up in Garajonay National Park.
From there you do a 4,5-hour walk down to Hermigua. The first section (2,5hrs) is a long but easy descent on wide footpaths through the magical laurel wood. Near El Cedro, you do a short steep section on a stony, stepped path then continue on quiet inland roads to reach your comfortable and charming rural hotel in Hermigua. For dinner you have several options near the accommodation.

***Note**:* Ferry departures may change during the season and are always on request. If you want to have a rest day and prefer to book an afternoon ferry, please let us know at the time of booking.

***Highly recommended**:* Optional 4x4 and walking excursion with local guide, to see beautiful "hidden spots" in **Garajonay National Park.** Pick-up is at the harbor in **San Sebastian** (you must get the first ferry). At the end of the day you'll be driven to your hotel in Hermigua. This optional activity is 25€ p.p. and must be booked in advance with us.

Distance: 10 or 13 Km

Ascent/Descent: +1275/-1410 m

Day 5 Circular walk from Hermigua, 12 km

A circular route, going north from Hermigua past abandoned village along the stunning coastline. Spectacular views of Tenerife and El Teide peak. You alternate between wide dirt tracks and stony footpaths; all are well-marked, and protected by wooden railings on exposed sections near sheer drops. The last section takes you through papaya and mango fields in the valley.

Distance: 12 Km

Ascent/Descent: +735/-735 m

Day 6 Juego de Bolas to Vallehermoso, 9 km

Morning transfer to the **Garajonay Visitors' Centre at "Juego de Bolas",** where you can marvel at the tropical flowers in their botanical garden. Then you begin an easy route on a long-distance hiking path, the GR-132, to Vallehermosa. Along the way you pass 2 Natural Monuments, Roque Blanco and Roque Cano, before your descent into the lush valley of Vallehermoso. After a refreshing drink on the village square, transfer back to your hotel in Hermigua.

Distance: 9 Km

Ascent/Descent: +200/-750 m

Day 7 Degollada la Peraza to San Sebastián, 10 km

Transfer to **Degollada de la Peraza** for an easy but very rewarding, panoramic descent. It's 4 to 4,5hrs on the GR-131 to reach San Sebastian, where you spend your last night at a comfortable hotel*** near the harbour.

Distance: 10 Km

Ascent/Descent: +125/-1025 m

Day 8 End of the program

This morning you have a 10min walk to the harbor, to get the ferry back to Tenerife. At Los Cristianos, a taxi will be waiting to take you to Tenerife Sur airport.

Accommodation

7 night accommodation in rural hotels with ensuite facilities and B&B basis



Hotel El Tejar- Vilaflor
El Tejar Hotel & SPA is a small charming hotel, designed and decorated according to our natural surroundings -in Vilaflor- and very close to La Corona Forestal Natural Park.



Casa de los Herrera - Hormigua
This is a rural welcoming hotel with coloured and funtional rooms. Owners are kind and helpful. The hotel has a inner courtyard and inner bar, TV, free Wifi.



Hotel Torre del Conde - San Sebastian
This is a modern and functional hotel in the city center of San Sebastian with spacious rooms recently renovated , well-furnished and comfortable. Behind rooms overlooking the garden with the access to it. Breakfast is rich and the staff is courteous.

Practical info

Arrival in Vilaflor / Departure from San Sebastián de la Gomera

By taxi from/to the airport

Aiport transfers are included from Tenerife Sur airport (TFS) to your first accommodation in Vilaflor and from Los Cristianos harbour to Tenerife Sur Airport

If you’re flying into and from Tenerife-Norte airport (TFN), there’s an extra charge for the taxi transfer to and from hotel

By public transport

You can check the website www.titsa.com for public transport lines

GPS tracks available on request.

Included

What is included

- 7 Nights in rural hotels with breakfast
- all the transfers mentioned in the day by day program
- Ferry: Los Cristianos-San Sebastian de la Gomera e San Sebastian de la Gomera-Los Cristianos
- luggage transfer mentioned in the day by day program
- maps and detailed description of the itinerary
- Medical and luggage travel insurance
- 24h phone assistance

What is not included

- Transfers to the starting location and from the arriving location of the tour
- Bus tickets from Vilaflor to El Teide and back
- Transfer from Tenerife North airport to first accommodation;
- lunches and dinners
- visits and entrance fees - tips
- personal expense
- possible sojourn taxes
- everything that is not mentioned in the "What is included" section.

Optional Services

These services can be added to the ones included in the base price of the tour:

- Single room supplement
- Transfer from Tenerife North airport to first accommodation (55 Euros per booking)
- cancellation insurance
- Transfers to reach the starting location or to leave the arriving location of the tour, which will be quoted on request.