

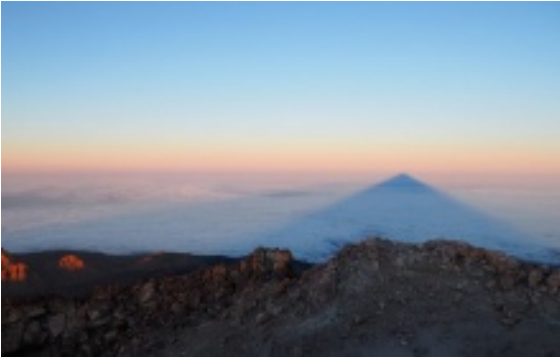
## DISCOVER TENERIFE AND LA GOMERA

This trip combines two of the most beautiful Canary Islands and features different National Parks everyday! Discover the freedom and liberty which come with having your own vehicle and choosing your hikes. Amongst the possibilities, you can choose to summit the highest peak in Spain, Teide mountain (3718m)! Unlock the charms of both Tenerife and la Gomera exactly as you wish, this is your adventure...

 Region	La Gomera Tenerife
 Activity	Hiking & walking Self-guided
 Duration	8 days
 Code	BTG8ALT
 Price	From €760
 Level	3/5
 Comfort	4/5

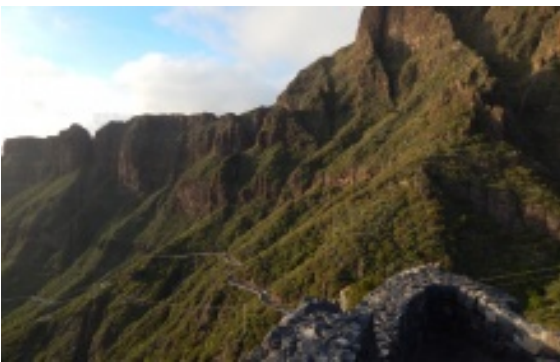
## ITINERARY

### Day 1 Tenerife



Welcome to the Canary Islands! Collect your vehicle from Tenerife airport and head to your accommodation on the northern coast.

### Day 2 Teno Rural Park



Go hiking to explore one of the oldest massifs in Tenerife. This protected park has everything, venture through the varying micro climates to discover small isolated hamlets, lush goat grazing pastures and jagged rock formations.

### Day 3 Rural de Anaga Park



Rural de Anaga Park in the extreme north-east of Tenerife is full of surprises. New views await around every corner, each more beautiful than the last. Hamlets lots in the mountains, ancient architectures and wild black sand beaches at the foot of huge cliffs... This park will capture your heart.

### Day 4 Teide National Park



Today holds endless possibilities. The lunar landscapes of Teide National Park are dominated by the majestic mountain of Teide (3718m). There is a trail which leads up the strange geological formation of La Fortaleza offering lovely views of Mount Teide and the Park. Or climb above the col of Icod de los Vinos, to the foot of the last volcano in Tenerife for a beautiful display of the surrounding area. You can hike in the heart of the recently active volcanic landscape, a definite contrast to the soft green Canarian pine forests. Or, if you are feeling sporty, climb Spain's highest peak (3718m), a stunning two day trek. Spend the night at Alta Vista refuge (3260m) and reach the summit at sunrise for a truly magical experience.

### Day 5 La Gomera



Take the 12am boat to La Gomera. You can board with your rental car and the crossing takes 1 hour. Your accommodation for the next three nights is in Hermigua, a delightful seaside town found between two mountains. We recommend exploring the area by foot today.

📍 Day 6 **Garajonay National Park**



Enjoy a spectacular circular hike close to your home which showcases the famous nature of Garajonay National Park. The park shelters one of the most beautiful laurel forests in the world..

📍 Day 7 **Peaceful Imada**



Head to Alajero to for a spectacular final day in the most beautiful place on La Gomera. Steep paths lead you to the peaceful hamlet of Imada peched high in the mountains. This hidden gem is a la Gomera island must-see.

📍 Day 8 **Tenerife**



Early morning boat to Tenerife, return your car at your convenience.

Please note that this suggestive itinerary, including distances and times, is indicative. Imponderables and unpredictable circumstances may result in inaccuracies. Our guides aim to provide the adventure that is best suited to the weather, your interests and the demands of the group. Please be aware that in order to achieve this, changes to the program may be made. For safety reasons, we reserve the rights to interrupt your participation in this programme at any time if your technical level or fitness are deemed unsuitable or if you are seen as a danger to the group or yourself. This will in no case give rise to refunds or compensation.

## PERIOD & BUDGET

### When to travel?

The best period for travelling is during the following months:

Jan

Feb

Mar

Apr

May

Jun

Jul

Aug

Sep

Oct

Nov

Dec

### Price

Prices from 380€ per person.

*The budget is an indication of the price per person, subject to availability. Your local agent will send you a customized quote with the exact price. The price can vary according to availability, level of services, period of travel, number of participants, booking time frame and other items.*

### Included

- 4 nights' accommodation in a rural hotel on Tenerife
- 3 nights' accommodation in an apartment on La Gomera
- Ferry transfers as detailed in itinerary
- Vehicle hire for 8 days - category A, basic insurance and unlimited mileage
- A detailed roadbook including, local tips, maps and detailed hiking routes
- 24/7 phone support during your trip

### Additional Options

Night in a refuge to summit Teide mountain: 25€

### Not included

- International flights
- Meals, drinks and personal expenses
- Fuel and parking costs
- Entrance fees

### Terms and conditions

#### Inscription

Booking a trip with Altaï Canarias implies acceptance of the terms and conditions of sale. Each customer is required to complete a registration form and, subject to availability at the time of registration, travellers are expected to pay a deposit of 30% of the total price to complete their booking. Payments can be made online or by bank transfer. You will receive an e-mail with your booking confirmation.

#### Facturation

Once your booking is confirmed you will receive an invoice by e-mail. The full balance of the trip must be received at least 30 days before your departure date. Altaï Canarias reserve the right to cancel your booking, free of charge, if this deadline is not respected.

#### Annulation

If for any reason you have to cancel your trip, Altaï Canarias require written confirmation of your decision. The money you have paid will then be refunded according to the following deductions:

- Cancellation received more than 30 days prior to the departure date: a sum of €50 per person will be retained
- Cancellation received 30 to 21 days before the departure date: your deposit, 30% of the total trip price will be retained
- Cancellation received 20 to 14 days before the departure date: 50% of the total trip price will be retained
- Cancellation received 13 to 7 days before the departure date: 75% of the total trip price will be retained
- Cancellation received less than 7 days before the departure date: 100% of the total trip price will be retained

#### Special cases:

Please note that, regardless of the date of cancellation or modification if you have agreed to pay for services such as hotel reservations, flights or additional activities, these services are usually non-refundable so additional fees may apply.

- Fixed airfares: if your airline ticket was issued in advance, often done to avoid significant surcharges, you will be charged 100%

of any non-refundable fees if you wish to change or cancel your flight plan.

- Fixed in-country costs: early charges for firm bookings will be charged if you cancel or modify your trip.
- Insurance costs: if you have taken out comprehensive or cancellation insurance, the cost of insurance is due and cannot be refunded.

**Please note that fees apply according to the date Altaï Canarias receive your cancellation or modification request in writing.**

If we have to cancel a departure due to an insufficient number of participants, you will be informed no later than 21 days before departure and a full refund will be issued, you will not be entitled to further compensation. We reserve the rights to cancel departures due to exceptional circumstances which may impact the safety of participants. Such circumstances include those amounting to 'force majeure' in which case participants will receive a full refund but they will not be entitled to any compensation.

### ***Modification du contrat***

If you wish to make a change to your booking please contact us in writing; you will be expected to pay any fee which might arise from this change. In the event of unforeseen external events, Altaï Canarias may change some aspects of the travel contract. If any changes are necessary you will be informed as quickly as possible.

### ***Prix et révision des prix***

The prices on our website are updated regularly and all of the prices we advertise are accurate when published. Altaï Canarias reserve the rights to make changes to any of these prices. Before you make a booking we will give you the up-to-date price of your chosen holiday including any supplements, upgrades or additional activities you may have requested. If the number of travellers is fewer than the indicated number of participants on the website, a small group surcharge may be applied. For all of our trips we include details of services, prices and what is/is not included but please be aware that changes to the prices may be necessary in accordance with exchange rates or price changes of various components of the journey.

### ***Cession du contrat***

If you are unable to travel for any reason with Altaï Canarias, you can transfer your booking to another person in which case our modification conditions apply. Both the transferor and transferee will be jointly and severally liable for payment of the total holiday price and other associated expenses. Some airline carriers treat name changes as cancellations and you may be required to pay for the cost of a new ticket.

### ***Insurance***

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We strongly recommend that you take out personal travel insurance for your trip with Altaï Canarias as soon as your booking is confirmed. We advise you to purchase a travel insurance policy which covers flight cancellations, luggage loss and emergency health care. Please look carefully at which activities are covered by your insurer and do not forget to bring all necessary documents and information with you (name of the company, name of the contract, insurance policy number, telephone number...)

## PRACTICAL INFO

### Staff

This is a self-guided adventure. You will be provided with a vehicle, a detailed Altaï Canarias Roadbook and 24/7 phone support throughout your trip.

### Food

This trip does not include meals. Breakfasts can be purchased at your hotel, we can provide restaurant recommendations and indicate where there are nearby supermarkets in your Roadbook. Typical meals in the Canary Islands can include local cheeses, fresh fish and seasonal fruit and vegetables including bananas, mangoes, avocados and tomatoes... Most water sources in the Canary Islands are drinkable but please do not drink water from unreliable sources.

### Accommodation

In the Canary Islands there are two main types of accommodation. Hotels with double rooms (sometimes triple) and roughly 3\* comforts. Or apartment accommodation with a shared kitchen and bathroom facilities and a dining room. All accommodation options can be described as clean and functional with basic comforts and luxuries.

### Transportation

- Maritime transport with Naviera Armas Ferries.
- This trip includes category A vehicle hire.
- Basic third party insurance is included with a deductible of around 800 € in case of theft or accident, amount varies depending on vehicle model and rental period. We strongly advise that you take out additional 'rachat de franchise' insurance to reduce or cancel the deductible amount in case of theft or accident. This must be purchased from the rental company at the time of hiring and costs around 100 € for 10 days.

Most roads in the Canary Islands are well maintained asphalt roads. In mountainous areas roads are often steep with sharp bends and turns.

**IMPORTANT:** To rent a vehicle you must be at least 21 years old. Do not forget your drivers license or credit card. A drivers license per driver and a credit card in the name of a driver are required.

**Additional Options** (prices may vary)

- Additional driver, from 50 €/rental
- Child seat, from 30 €/rental
- GPS, from 30 €/rental

### Budget & exchange

The currency in the Canary Islands is the Euro €.

Payments by cash, credit or debit card are widely accepted, please check with your bank for information about using your card abroad.

Please budget for:

- Meals and drinks
- Entrance fees
- Personal expenses

### Tips

Tipping is always appreciated - it is not obligatory and should be left to the discretion of each individual.

### Supplied equipment

If you choose to participate in any outdoor activities, all technical specialist equipment will be provided.

### Vital equipment

Despite the mild Canary Island climate, evenings can be chilly and it can be windy.

**From head to toe:**

- A cap or sunhat

- Thermal baselayers: long-sleeved thermal tops and full-length long johns
- Long sleeved and short sleeved t-shirts, preferably in quick-drying technical material
- 1 light fleece or equivalent (plus extra warm layers for austral winter months)
- A breathable wind proof, waterproof jacket (Gore-Tex...)
- Lightweight waterproof over trousers
- 1 pair of long suitable shorts
- 1 pair of walking trousers (detachable legs ideal)
- A pair of high-rise walking boots with vibram soles - trails can be rocky and muddy
- A pair of trainers or casual shoes for the evenings and cities
- Thick walking socks
- Warm gloves, hat and scarf (evenings in the mountains can feel cold)

**Please also pack:**

- A swimsuit
- Your personal toiletries
- Fast-drying microfibre towel
- Water bottle(s). Min. 2 litres, light and isothermal
- A good pair of sunglasses (think min. category 3)
- Sun-cream, face and lips
- Head torch and spare batteries
- A pocket knife (optional)
- A pair of hiking poles (optional)
- A waterproof bag cover (or plastic bags) to protect your belongings

## Luggage

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Your luggage should be divided into two bags:

- A rucksack (35-40L or 45-50L) for use as a day bag. This will contain your (vital) personal belongings for the day,
- A larger bag (60-80L) containing the rest of your belongings, those which you do not need with you in the day.

## Medicine

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We recommend that you bring a small personal first aid kit containing any medication you may need such as inhalers, plasters, antiseptic and painkillers.

## Passport

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To visit the Canary Islands, travellers may need a passport which is valid for at least six months after the last day of their stay, EU travellers may use passports/ID cards valid only for the duration of their stay. It is your responsibility to confirm your specific passport requirements and please be aware that proof of onwards travel may be required.

## Visa

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Most travellers staying less than 90 days in the Canary Islands do not need to obtain a visa. It is your responsibility to confirm your specific visa requirements.

## Mandatory vaccines

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No mandatory vaccinations are required.

## Health information & recommendations

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It is your responsibility to check that your personal health insurance covers everything in this trip. A consultation with your doctor is a prerequisite for any trip.

## Weather

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The Canary Islands are credited as having a pleasant year round 'Eternal spring' climate. Each island has multiple different micro-climates; you may find very different weather conditions across different islands at the same time. Year round, average temperatures in the Canary Islands range from around 15°C (59°F) to 28°C (82°F). Trade winds from the north-east frequent here; they are generally at their strongest during the warmest hours of the afternoon offering relief from the tropical sun rays.

Rainfall is scarce and varied, Lanzarote and Fuerteventura are known as the driest islands with an annual precipitation of less than 100mm yet the in the exposed high altitudes in the north of Tenerife experience an average of more than 600mm annual precipitation. We recommend packing suncream, windproofs and warm layers for evenings and mountains.

## Electricity

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The Canary Islands use the European two pin plug: 220 V, 50 Hz.

## Local time

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Coordinated Universal Time (UTC)/ Greenwich Mean Time (GMT) and Daylight Saving Time (DST) are observed in the Canary Islands.

## Topography

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The Canary Islands are an autonomous community of Spain.

**Location:** 100km (62 miles) west of Morocco

**Number of Islands:** 7 main islands plus lots of tiny isles and islets

**Religion:** 85% of native Canarians are Roman Catholic

**Governance:** The Canary Islands have their own President, a Regional autonomous Government and 13 seats in the Spanish Senate

**Fun Fact:** Before humans arrived, the islands were inhabited by giant prehistoric animals including huge lizards; tortoises and rats

## Sustainable tourism

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As adventure and wilderness travel experts who run trips to some of the most remote parts of the world, we take responsible tourism very seriously.

We respect the 'Leave No Trace' outdoor ethical code and try to explore this beautiful location whilst causing minimal environmental damage.

The Leave No Trace policy can be summarized in 7 simple steps which we hope you will follow during our trip...

1. Be prepared
2. Stick to trails and camp overnight right
3. Stash your trash and pick up waste
4. Leave it as you find it
5. Be careful with fire
6. Respect wildlife
7. Be considerate of other visitors

Over the years we have built up good relations with our local suppliers and we are keen to support local businesses as much as possible. We are a small company and we pay our local partners and suppliers directly insuring fair rates.

Our small group sizes not only provide a more intimate adventure but also cause less impact on the environment and local communities.

We expect all who travel with us to support and uphold our Sustainable Tourism philosophies.