

SELF-GUIDED HIKING IN LA GOMERA

La Gomera is a little Spanish jewel of an island; it is blessed with amazing flora, sharp dramatic landscapes and a warm authentic, peaceful soul. La Gomera is smaller than most other Canary Islands yet is vastly rich both culturally and in vegetation. To ensure the conservation of the islands exceptional nature, many protective parks and areas have been created such as the Garajonay National Park (UNESCO listed), the Roque Cano natural monument, Valle Gran Rey rural park, the canyon del Cabrito ... So many breathtaking places! Contemplate, discover and explore these internationally treasured features. The culture, heritage of the customs of the first inhabitants here are just as astonishing as the "silbo" whistled language which UNESCO declared a 'masterpiece of the Oral and Intangible Heritage of Humanity'. Discover La Gomeras gastronomy, traditional music and pottery, this island is a perfect mixture of nature, culture and authenticity!

 Region	La Gomera
 Activity	Hiking & walking Self-guided
 Duration	8 days
 Code	BGOMALT
 Price	From €1,045
 Level	4/5
 Comfort	3/5

ITINERARY

Day 1 Tenerife



Welcome to Tenerife! Make your way to your accommodation in El Medano, depending on your arrival time, enjoy a stroll through this charming seaside town.

Day 2 Hermigua & Garajonay National Park



Early morning departure for Los Cristianos Port and morning arrival in La Gomera. Your expert guide will accompany today's walk. Your key to better understanding your wild surroundings, your specialist guide will point out flora, fauna and geology along the hike and tell stories of the history and culture. Discover an Emerald corner of Garajonay National Park and walk to Presa de los Tiles, a small water reserve with a charming brook. Admire a simply magnificent waterfall where Canary Island pigeons, a rare endemic species, nest. Hike to one of the most beautiful laurel forests in the world and up to fabulous views notably overlooking the banana plantations of Hermigua, a delightful seaside town found between two mountains.

6 - 7 hours walking: +1100 m / - 1100 m

A less challenging hike is possible: 5h (+600m, -600m)

Day 3 Roque Cano - Vallehermoso



Go hiking across the north of the island to reach the watchtower of Abrante. Discover one of the most beautiful panoramic views of the Canary Island archipelago. Visit Garajonay National Park Visitor Centre where explanations of the island follow one and other in a clear playful way. The hike continues to a heather forest and to Roque Cano Natural Monument, a towering giant which watches over the peaceful village of Vallehermoso ...

6 - 7 hours walking: +1000 m / - 1000 m

A less challenging hike is possible: 3 and 1/2 hours (+200m, -700m)

Day 4 Vallehermoso - Garajonay National Park - Chipude



Botanical enthusiasts, prepare to be impressed. The climb (sustained level) towards the National Park crosses all the levels of vegetation. At the highest point (beginning of the intermediate level) you will discover an ancient Laurel Forest of peaks where Tortuous trees covered with moss like long "beards" floating at the mercy of the trade winds, all wrapped in mysterious mist ... Absolutely magical. The descent via the gently sloping south face crosses several mountain villages and displays views of the spectacular Valle Gran Rey rural park characterized by its terraced fields.

7 hours walking, + 1400 m / - 500 m

A less challenging hike is possible: 3 and 1/2 hours (+300m, -500m)

Day 5 **Chipude - The Islands Summit - Alajeró**



Discover some of La Gomeras cultural, geological and botanical gems. Today's hike begins in the village of Chipude where you can observe the traditional local architecture. Fortaleza, an imposing geomorphological formation, will occupy the first half of this leg of your journey. A detour (sustained level) to Alto de Garajonay, the highest point of the island at 1487m offers spectacular views of the island and the neighboring islands. You will then descend to the village of Alajeró

7 hours walking; + 700 m / - 900 m

A less challenging hike is possible: 5 hours (+500m/ -800m)

Day 6 **ALAJERO - GUARIMIAR - PLAYA SANTIAGO**



Discover adorable local villages: Alajeró found in a palm grove at the foot of the sacred mountain and Tagaragunche, the charming hamlet of Imada nestled between the mountains. Then begin your descent into the beautiful canyon of Guarimiar which gradually narrows as the hike progresses. At the bottom of the canyon, discover a real oasis with palm trees, mango trees, avocados and pretty stone houses. If you opt for the more difficult hike, you follow a beautiful path up, a route built into the cliff! Descent by another side to Playa Santiago.

6 hours walking; + 550 m / - 1400 m

A less challenging hike is possible: 5 hour walking (+250m / -1100m)

Day 7 **Ayamosna - San Sebastián**



Your last day of hiking on La Gomera, you will evolve in an arid area, near an old village and the rock El Sombrero with its characteristic shape. Gradual descent into the Barranco El Cabrito canyon with its steep walls and splendid promontory. For your lunch break, the isolated beach of Playa de la Guancha, comes highly recommended - you can even stop for a swim. The majestic Teide mountain stands in front of you and watches over San Sebastián de La Gomera, your next destination. If you want to avoid the descent or shorten the hike, you can make a return trip between San Sebastián and the playa de La Guancha (in the El Cabrito protected area), enjoy great views of the coast and San Sebastián. Evening ferry back to

Tenerife.

5 hours of walking, +400m, -1100m

A less challenging hike is possible: 3 hours (+300m/ -300m)

Day 8 **Farewell**



Depending on your flight times perhaps you can enjoy a last morning at the beach before heading to the airport.

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:



Price

From 545€ 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

- 7 nights accommodation (5 on La Gomera and 2 in Tenerife)
- Return ferry Tenerife/La Gomera
- All transfers as detailed in itinerary
- Luggage transfers
- Accompaniment by an expert guide
- Telephone assistance 24/7
- A detailed roadbook

Not included

- Le vol international
- Les taxes aériennes
- Les transferts aéroport/hôtel aller-retour
- Les repas (petit-déjeuners, déjeuners et dîners)
- Les boissons et autres consommations extra dans les logements
- Les entrées de sites, musées etc...-
- Les assurances

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

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. You will be joined by an expert guide for your first day of hiking.

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

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

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

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

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

No mandatory vaccinations are required.

Health information & recommendations

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

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

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

Local time

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

Topography

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

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.