

LA PALMA

La Palma, one of the lesser known Canary Islands, lacks neither charm nor beauty. Discover a fabulous variety of landscapes, limitless exotic flora and intriguing traditions which remain ingrained in the heart of every endearing local. This unforgettable adventure showcases the highlights of La Palma.

 Region	La Palma
 Activity	Hiking & walking
 Duration	8 days
 Group	5 to 15 people
 Code	BPALM8
 Price	From €985
 Level	2/5
 Comfort	3/5
 Language(s)	French

ITINERARY

Day 1 La Palma



Welcome to la Palma! Day at leisure on this forested island awaiting the arrival of the whole group.

Accommodation: Hotel

Day 2 Roque de los Muchachos



What better way to explore an island than to climb to its summit? Today's hike along the ridges has fantastic panoramic views - if the skies are clear we may be able to see Tenerife, la Gomera and El Hierro!

2 and 1/2 hours walking (+400m/-250m)

Transport: Private minibus

Accommodation: Apartment (east coast)

Day 3 Teneguía Volcano



Today we explore a completely new and different landscape. Our path traverses the Malvasia vineyards which sit perched on steep black volcanic slopes, Today we explore the monogenetic cinder cone volcano, Teneguía. Then we head to the ocean for a well deserved dip and explore the last salt marshes of La Palma. A Canarian wine tasting session is also on the agenda today at a local winery in the south.

2 and 1/2 hours walking (+200m/-500m)

Accommodation: Apartment (east coast)

Day 4 Primary Laurel Forest



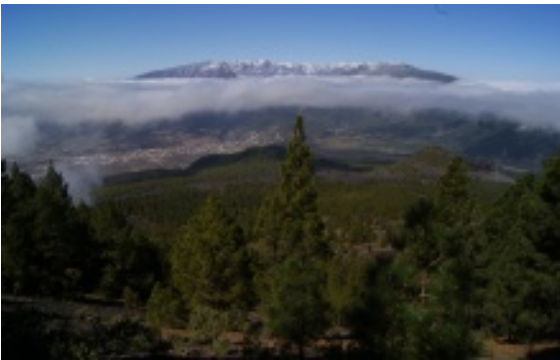
Discover Las Nieves Nature Reserve and a magnificent 'barranco' gorge, dotted with rich, exuberant endemic vegetation. Today we hike among all kinds of trees, bay laurels, lindens, palo blanco trees, naranjero salvaje and arbutus unedo strawberry trees...

3 and 1/2 hours walking (+/-450m)

Transport: Private minibus

Accommodation: Apartment (west coast)

📍 Day 5 **Pico Birigoyo volcano (1809m)**



Today we head to the recreational area of El Pilar. Our hiking trail winds through Canarian pines and laurel forest up to Pico Birigoyo volcano (1809m), the first crater on the Volcanoes Route. A spectacular 360° view of the entire island of la Palma awaits us.

2 and 1/2 hours walking (+/-370)

Transport: Private minibus

Accommodation: Apartment (west coast)

📍 Day 6 **Petroglyphs, windmills and dragons**



To visit Las Tricias village is to journey back in time. Let's go hiking to further explore this curious land of ancient dragon trees. Discover a striking old windmill and uncover cave paintings dating back to when the Benahorita lived here.

3 and 1/2 hours walking (+/-450m)

Transport: Private minibus

Accommodation: Apartment (west coast)

📍 Day 7 **Caldera de Taburiente National Park**



Venture into the heart of Caldera de Taburiente National Park - a stunning area of historical and geological significance. Go hiking in the river bed, explore lava fields and formations and discover the parks breathtaking multi-coloured waterfall. Late afternoon arrival in Santa Cruz de la Palma where we settle for our final night.

4 and 1/2 hours walking (+400m/-300m)

Transport: Private minibus

Accommodation: Hotel/apartment

📍 Day 8 **La Palma**



Morning at leisure.

Please note that this 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.

DATES & PRICES

Departures for French-speaking groups:

No departure for now

Trip code: BPALM8

Included

- All in-country transfers as detailed in itinerary
- Accommodation in double rooms
- Full board from breakfast Day 2 to lunch Day 7
- Full supervision by an experienced qualified guide

Not included

- International flights
- Transfer to accommodation on Day 1
- Repatriation insurance
- Meals on Day 1 and Day 8 plus the evening meal Day 7

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

Armed with an abundance of experience and a wealth of knowledge, our professional guides are all experts in their domaine. Our qualified leaders are all English speaking, all practicing outdoor practitioners and they are all besotted the magnificent Canary Islands.

Food

Hearty 'continental style' breakfasts are served at your accommodation each morning. Picnic lunches are provided every day featuring local cheeses, meats and a fresh fruits and vegetables - a large variety are widely available here including bananas, mangoes, avocados, tomatoes... Enjoy evening meals in small local restaurants which have been carefully chosen for their sublime gastronomy. The food in the Canary Islands in our opinions, perfect, we particularly love the fresh local fish.

You are expected to carry lunch and water with you during the day. Please let us know about any dietary requirements when you book the trip and we will work with you to cater for your needs. Most water sources in the Canary Islands are drinkable but please do not drink water from unreliable sources, your guide will advise you as to the best practices.

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 are can be described as clean and functional with basic comforts and luxuries.

Transportation

- Private minibus transfers. Vehicle type: Renault Trafic, 9 seats.
- Maritime transport with Naviera Armas Ferries.
- In-country air transfers with Binter Canarias.

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:

- Drinks and personal expenses
- An evening meal on Day 7

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 must 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. Please bring a soft bag like a rucksack or holdall rather than a hard cased suitcase because it is more practical for our drivers.

Medicine

Your guide is a trained first-aider and will carry a full first aid kit at all times during the trip. 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 sunscreen, 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.