

Walking Undiscovered Tenerife and Pico Teide

Trip Code: TWW

Version:



WALK & TREK



GUIDED GROUP

MODERATE



HIGHLIGHTS

- Hike to the summit of Guajara (2715m) and visit the crater of Mt Teide (3718m)
- Walk through mountains and ancient laurel forests in the Anaga Reserve
- Follow superb coastal trails to secret coves and stroll along deserted beaches

- Soak up Canarian culture in colonial La Laguna and capital of Santa Cruz

AT A GLANCE

- 5 days walking
- Max. altitude - 3718 metres
- Join at Tenerife

ACCOMMODATIONS & MEALS

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

Introduction

The colourful Canary Island of Tenerife is home to breathtaking walks and unspoilt nature. On this much-loved island, you'll discover meandering trails, secluded beaches, volcanic mountains, fascinating culture, rich history, beautiful flora, and the spectacular volcano of Teide (3,718m). KE has included all these wonderful highlights and excellent coastal walks in this Canary Islands walking holiday.

Starting on the dramatic west coast of Tenerife, our first hike takes us through sleepy hamlets to the lighthouse of Teno. Next, we set off on a two-day trekking adventure through the heart of Teide National Park, a World Heritage site. We will enjoy a stunning circular walk to the summit of Guajara (2,715m), the island's third highest peak, and visit the crater of Mount Teide (3,718m), the highest peak in Spain. After three days of hiking, it's time for a well-earned free day. You can either explore the beautiful UNESCO gem of La Laguna or hop on the local bus to Puerto de la Cruz, complete with its old town centre and promenade.

The remainder of the holiday is spent walking in the undiscovered Anaga biosphere reserve, where you'll encounter a lush mountainous landscape and some of the best coastal walks in Europe. On our final night, we enjoy the capital of Santa Cruz, complete with traditional piazzas, pavement cafes, and a pretty harbour.

Is this holiday for you?

The walks during this excellent holiday follow a mix of rural tracks between villages, small footpaths and coastal trails. The majority of the trails we use are well-maintained and occasionally we'll encounter some loose rock and volcanic terrain which can be slippery in the wet. Although there are no real sections of exposure, some trails are quite narrow and therefore we are unable to recommend this holiday for vertigo sufferers. Walking days are typically 5 - 7 hours in duration with regular ascents and descents. We've graded this holiday as 5 due to the longer walk on Day 3 and the decent on Day 4, both of which include walking at a higher altitude. A mid-week free day provides the perfect opportunity to relax, recharge and explore La Laguna before the walks in Anaga. A regular public bus service runs to Puerto de la Cruz in the north of the island for anyone who wishes to see the contrasting scenery on the north of the island. This holiday is suitable for regular hill walkers.

Itinerary

Version:

Holiday Information

What's Included

- A professional and qualified tour leader
- Single timed transfers on arrival and departure
- All accommodation as described
- Some meals as per the Meal Plan
- All land transport involved in the itinerary

What's not Included

- Travel insurance
- Tips for support staff and guide
- Some meals as per the Meal Plan
- Miscellaneous expenses drinks souvenirs etc

Joining Arrangements & Transfers

TRAVEL TO YOUR DESTINATION

If flying from the UK there are low cost airlines available to the start and from the end of your holiday.

To benefit from full financial protection, ease your holiday planning, and avoid dealing with airlines, we can book scheduled flights from the UK as part of a flight inclusive package. Scheduled flights are usually more expensive than low cost alternatives, however potentially less stressful if your flight is cancelled or delayed. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

The group will meet at our accommodation in Playa San Juan.

A single transfer from Tenerife South Airport is provided on Day 1 of the Land Only itinerary. This transfer will depart Tenerife South in the evening, meeting flights that arrive between 1730 and 1900.

On the last day of the Land Only itinerary, there will be a single transfer back to Tenerife South Airport. This transfer will arrive at Tenerife South Airport in time to check-in for flights departing after 1700.

Anyone may join the group transfers by prior arrangement. Travelling as a group or on public transport saves energy. If this is not practical, we can provide private transfers at an additional cost. Taxis are also available.

Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

All breakfasts, 5 picnic lunches and 4 dinners are included.

Food & Water

Water from the taps may not be drinkable in all locations on this trip - please check with your guide. We recommend taking water purification tablets and a reusable bottle with a filter such as [Water-to-Go](#), which can both be used to help make safe other water sources. Please note that we do not encourage the purchase of single use plastic bottles.

Breakfasts are continental in style with tea and coffee, orange juice, muesli or cereals and bread. Occasionally you'll come across eggs, plus jam, honey and cheese. On walking days we'll have a packed lunch which we'll carry with us and eat together at a suitable spot. These lunches will normally include a sandwich (meat/cheese), fruit and biscuits or cake. Occasionally during the week we may take lunch in a simple local restaurant. Evening meals are taken at the homestay in Chio and in local restaurants for the nights we are not in Chio. The Canary Islands has a great climate so it's not unusual that ingredients grow on them taste so fresh. You'll find tasty fruit and vegetables (potatoes, bananas, tomatoes and pumpkins) growing all year round. The tropical climate means you'll come across papaya and mango juicy. Don't forget the Atlantic Ocean brings a rich variety of local fish including parrotfish, grouper and corvina which is similar to seabass. If you don't mind trying something a bit unusual then cabrito al horno is roasted goat and incredibly popular.

Tenerife is home to a wide range of restaurants for all tastes and budgets. If you go to Puerto de la Cruz walk out of the main Plaza del Charco and along Calle San Felipe and you'll find yourself in the old fishing area known as La Ranilla. For many years visitors and residents alike have known that the restaurants along these narrow cobbled streets offer the very best fish, seafood, Canarian and Italian food. Simple local dishes include conejo en salmorejo (rabbit stew), gambas a la plancha (grilled prawns) or cherne con papas arrugadas y mojo (grouper with wrinkled, boiled potatoes and spicy sauce). You'll also find basa served with mango sauce or pork fillets in herb baked crust.

Vegetarians, pescatarians and special diets are still a little unknown on the Canary Islands, as this is primarily an area known for its meaty dishes. However, fish is in abundance, as are salads. You'll come across a variety of side dishes that can be mixed and matched to make a tasty main. Champinones are mushrooms usually lightly fried in olive oil and garlic, whilst berenjenas are tasty cooked aubergines. Other good choices are menestra which is a filling vegetable stew and delicious served when served with fresh bread. Look out for pimientos de padrón which are small grilled peppers sprinkled with rock salt and, of course the famous wrinkly potatoes. Vegan diets will find it a struggle in the Canary Islands as there is a lot of dairy and cheese on menus.

Accommodation

For the first three nights, we stay in a family run finca just outside of Playa San Juan. Though the rooms are simply furnished, staying here is a great way to experience a traditional way of life on Tenerife. It also adds a great cultural contrast to the colonial architecture of La Laguna and bustling capital of Santa Cruz. Rooms at the finca in Playa San Juan have shared facilities, though rooms are not en-suite, there are adequate bathrooms to ensure comfort. The final 4 nights are spent in contrasting towns, UNESCO La Laguna (2 nights) and the capital Santa Cruz (2 nights). Here we use simple tourist hotels and both properties enjoy excellent central locations. Rooms in La Laguna and Santa Cruz are ensuite.

Accommodation is based on twin share. If you are travelling by yourself, you will be paired up with another single client of the same sex. Single rooms (for the last four nights only) are available for a supplementary cost. If you are planning to extend your holiday, additional nights at the group hotel are available on request.

Group Leader & Support Staff

The group will be led by a professional and qualified tour leader.

Altitude

This holiday involves going to high altitude. During the course of your trip you will reach altitudes in excess of 3500 metres. This is not something that you should worry about; the human body is quite capable of adapting to a very wide range of altitudes, but it is important that we follow some simple rules in order to acclimatise successfully. Before coming on this holiday you should read the advice on [trekking at high altitude](#). You can also talk to one of our trekking experts if you have any concerns about altitude.

Spending Money

Approximately 200 - 250 Euros should be sufficient for miscellaneous expenses, including a reasonable amount of wine with meals, not included dinners and lunch on day 8 ATMs are available at the airport and in La Laguna and Santa Cruz. Credit cards can be used in La Laguna and Santa Cruz.

Baggage Allowance

We ask you to restrict your baggage to one main bag and a day pack of approximately 25-30 litres. As you will have to carry your own bags from the vehicle to the hotels (including possibly upstairs), we recommend packing light in a bag with wheels or a rucksack for this holiday.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

Flight payment

We sell this holiday on a Land Only basis and recommend that you book your flights to Tenerife South Airport. A group transfer from Tenerife South Airport to El Boilco in the Teno Mountains is included in the holiday price. Please refer to the 'Joining arrangements and transfers' section of the trip dossier for further details.

Flights SHOULD NOT be booked until you have received your booking confirmation and the trip is showing 'Guaranteed to Run' or 'Limited'.

If flying from the UK there are a number of low cost airlines to Tenerife. Note that there are two airports in Tenerife and you should book your flights to Tenerife South. Easyjet flights from Gatwick, Bristol, Newcastle and Manchester, Ryanair from Manchester, Thomson from Exeter and Manchester, Monarch from Birmingham, Stansted and Manchester plus Thomas Cook from Manchester work well with the arrival and departure transfer. Flights from other departure airports and with other airlines may require additional nights (at extra cost) in Tenerife. Click on the 'Flight information' link below for further information on booking low cost airlines. Alternatively if you would prefer to book a 'flight inclusive package' using scheduled airlines from the UK please contact our flights department for a quote. Whilst flight prices are likely to be more expensive you will benefit from full financial protection.

General Information

Passport & Visas

Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

Health & Vaccinations

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations.

GHIC / Medical cover

UK residents should carry a free Global Health Insurance Card (GHIC). This entitles you to state provided medical treatment when you're visiting an EU country or Switzerland. This is not a substitute for medical travel insurance which is vital when travelling overseas.

Preparing for your Holiday

Getting some additional exercise before coming on an active holiday makes a lot of sense. The fitter you are, after all, the more enjoyable you will find the experience.

You should be aerobically fit and comfortable with walking 3 to 6 hours for consecutive days. Hill walking, with a good amount of ascent and descent, is the best training. Running, cycling and swimming are also good for developing cardiovascular fitness and stamina.

Climate

The islands of the Canaries are a year-round holiday destination with what is often described as eternal spring conditions. Tenerife has its own micro-climate with the South of the island being barren and dry, whilst the North has an abundance of lush vegetation, rich flora and beautiful forest. Tenerife is the most varied of the Canary Islands with five different climate zones – desert, scrub, pine, laurel and dragon. During the period from September to March, we can expect daytime temperatures ranging from 16 to 24 degrees Celsius, becoming progressively cooler as we gain height in the mountains. Daytimes will be pleasant for walking but evenings can appear chilly so remember to bring a few items of warmer clothing.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

- Tenerife The Mini Rough Guide - Christian Williams
- The Marco Polo Guide to Tenerife
- The Real Tenerife: The Insiders' Guide - Jack and Andrea Montgomery
- Dog Days in the Fortunate Islands: A New Life in Hidden Tenerife - John Searancke
- More Ketchup than Salsa: Confessions of a Tenerife Barman - Joe Cawley

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

Equipment Information

Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum.

You should bring the following items:

- Hiking boots (with a strong sole and ankle support)
- Socks
- Trekking trousers
- Thermal / base layer
- Lightweight waterproof overtrousers
- Underwear
- T-shirts and/or casual shirts
- Fleece jacket or similar
- Waterproof jacket
- Lightweight thermal gloves
- Warm hat

- Sunhat
- Eyewear - sunglasses
- Daypack 25 - 30 litres
- Headtorch
- Sun protection (including for lips)
- Water bottles 1 Litre (x2) (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Washbag and toiletries
- Antibacterial handwash
- Swimwear and a small towel
- Small padlock (to lock your luggage)
- Basic First Aid Kit including: Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters (band-aids) and blister treatment, insect repellent, and re-hydration salts (Dioralite).

The following items are optional:

- Trekking poles (highly recommended)
- Trainers or sandals
- Shorts
- Camera and batteries
- Penknife (for picnic lunches)
- Microspikes (eg Kahtoola or Grivel Spiders). These are recommended for departures from November to March to cross sections of hard snow and ice that may be encountered on Mount Teide.
- Reusable cloth bag for shopping (to avoid plastic bags)

Cotswold Outdoor

Many of the equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive a 12.5% discount with Cotswold Outdoor, Snow+Rock and Runners Need. The discount code can be downloaded from your MyKE account and you can use this code at the checkout, either in store or online.

Land Only Information

We sell this holiday on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. The holiday starts at the group accommodation at Play San Juan. A single timed transfer from Tenerife South Airport is provided. The holiday ends in Santa Cruz a single timed transfer back to Tenerife South Airport will be provided.

Why Choose KE

Why KE

This Exclusive to KE holiday takes you on a spectacular walking adventure across Tenerife. Stand on the summit of volcanoes, before walking off the beaten track to secluded coves and beaches in the beautiful region of Anaga. KE takes you to Teno Lighthouse, Anaga and Teide which is exactly where Lonely Planet recommended a Hidden Tenerife

Please Note This document was downloaded on 23/11/2024 and the trip is subject to change