

# Walking in La Palma

Trip Code: TLP

Version:



WALK & TREK



GUIDED GROUP



MODERATE



## HIGHLIGHTS

- Spectacular volcanic scenery in Caldera de Taburiente National Park
- Explore Cumbre Vieja Natural Park
- Summit La Palma's highest peak, Roque de Los Muchachos (2,426 metres)
- Explore the charming and compact capital of Santa Cruz

## AT A GLANCE

- 6 days walking
- Join at Santa Cruz de La Palma

## ACCOMMODATIONS & MEALS

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

# Introduction

La Palma, often referred to as the "Isla Bonita" (the beautiful island), is the greenest island in the Canary archipelago. Despite its striking beauty, it only sees a fraction of the visitors that the major islands receive. The verdant forests, dramatic cliffs, secluded black sand beaches, and extensive network of trails that crisscross the island's varied landscapes make La Palma a walker's paradise.

On this centre-based holiday, we base ourselves in the town of Santa Cruz de La Palma, surrounded by the best restaurants and facilities on the island, and head out each day to walk in the finest parts of the island. Highlights include the smoking volcano of Tajogaite, Taburiente National Park, and the ascent to La Palma's summit, Roque de los Muchachos.

## Is this holiday for you?

This excellent holiday is centre-based and includes a variety of walks that follow a mix of rural tracks between villages, smaller footpaths, and forest trails. Most of the trails we use are well-maintained, but you may encounter sections of loose rock and volcanic terrain that can be muddy or slippery in wet weather. Walking days are between 4 - 6 hours with regular ascents and descents meaning this holiday is perfect for regular, active walkers. La Palma is a volcanic island and hilly so we've planned a number of the days to include more downhill than uphill. The holiday is centre-based so each day you can opt in or out of the walk and enjoy a relaxing day in Santa Cruz de la Palma if you decide to have a day off walking. Due to the high trails and occasional narrow paths, we don't feel this holiday suits those with a fear of heights.

# Itinerary

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Version:

## Holiday Information

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### What's Included

- Professional local leader
- All accommodation as described in the trip notes
- All meals listed in the program
- All land transport involved in the itinerary

### What's not Included

- Travel Insurance
- Meals not included in the program
- Tips for support staff and guide
- Miscellaneous expenses such as drinks and souvenirs etc

## Joining Arrangements & Transfers

The group will meet at the group hotel in Santa Cruz de La Palma.

There will be a single-timed transfer from the airport to the group hotel departing in the early afternoon on Day 1 of the Land Only itinerary.

On the last day of the Land Only itinerary, there will be a single-timed transfer from the hotel to the airport.

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 locally.

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

## Meal Plan

7 breakfasts, 6 lunches and 1 dinner are included on this holiday.

## 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.

Breakfast each day will be continental style, consisting of tea and coffee, bread, toast, butter, jam, honey, and fruit juice. Lunches will be picnic-style, which we'll carry with us to enjoy during the day. In the evenings, we'll dine at local eateries, where the evening meal is a social affair on La Palma. Some restaurants offer a fixed menu of two or three courses, while others provide a tapas-style menu. Tapas is a great way to sample a variety of local dishes.

La Palma produces its own wine, with an excellent selection of local varieties, the most popular being Malvasia. Originally a honey-coloured, medium to sweet wine highly praised by William Shakespeare, the grape now produces a range of quality white, red, and rosé wines, from very sweet to very dry—so there's something for everyone. Worth sampling is the "ron miel," or local honey rum, served over ice. Don't forget, summer Sangria is widely available!

## Accommodation

On this centre-based holiday, we stay in a comfortable hotel in the heart of Santa Cruz de La Palma, the island's main town. We are surrounded by the best shops and restaurants in La Palma and are just a couple of minutes' walk from Santa Cruz de La Palma Beach. The rooms are well-appointed, featuring twin beds and en suite bathrooms.

## Group Leader & Support Staff

The group will be accompanied throughout the holiday by a local tour leader.

## Spending Money

Approximately 250-350 Euros should be sufficient for miscellaneous expenses, including meals not included and drinks. If you intend to buy souvenirs you should budget accordingly. ATMs are available at the airport and in Santa Cruz. Credit cards can be used on the island.

## Baggage Allowance

For this holiday you should take one piece of luggage and a daypack. Luggage with wheels is useful for this holiday. For international flights please check your baggage allowance with your airline.

## 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.

# General Information

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## 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](#).

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## 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.

## Currency

The currency for part or all of this holiday is the Euro.

## Preparing for your Holiday

This is a moderately-paced walking holiday which includes a fair amount of ascent and descent and it makes a lot of sense to spend some time before coming on any active holiday, getting some additional exercise. The fitter you are the more enjoyable you will find the holiday. While regular hiking is the best preparation, any weekly form of exercise (running, cycling and swimming) is good for developing cardiovascular fitness. Before setting off we recommend that you make time to fit in a number of 5 - 6 hour walks in the hills.

## Climate

La Palma boasts a mild and varied climate that makes it an ideal destination year-round. The island's unique topography creates distinct microclimates, ranging from the lush, green north, characterised by temperate weather and frequent rainfall, to the sunnier, drier southern regions, where warm temperatures prevail. Average temperatures typically range from 15°C in winter to around 25°C in summer, making it pleasant for walking. Visitors can enjoy sunny days interspersed with cool breezes, especially at higher altitudes, where the air is fresher and cooler.

## 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](http://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](http://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

- Bananas about La Palma - David M. Addison
- Canary Islands - Lonely Planet
- Sandwiches in the Sun: The Extrodinary Truth about Life on a Spanish Island - Chris Herman

## 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. Please be aware that you will be required to carry your bag to your room which in some cases may involve flights of stairs. Although this is the Canary Islands it can be quite chilly in the evening so it's a good idea to bring some warm clothing.

### You should bring the following items:

- Hiking boots (these should be sturdy with good tread on the sole and with ankle support)
- Socks
- Walking trousers



- Lightweight waterproof overtrousers
- Underwear
- T-shirts and/or casual shirts
- A fleece jacket or similar
- Waterproof jacket
- Lightweight thermal gloves
- Warm hat
- Sunhat
- Swimwear
- Eyewear - sunglasses
- Daypack c. 30 - 35 litres
- 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
- 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)
- 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 and recommend that you book your flights to Santa Cruz La Palma Airport. Please refer to Joining Arrangements and Transfers for further details.

You SHOULD NOT book your flights until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

If flying from the UK, TUI Airways has direct flights from Gatwick & Manchester.

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.

# Why Choose KE

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## Why KE?

Discover La Palma's volcanic wonders on this exclusive, centre-based walking holiday, with stunning hikes through Caldera de Taburiente National Park and up to the island's highest peak, Roque de los Muchachos.

**Please Note** This document was downloaded on 03/12/2024 and the trip is subject to change