Walking on Gran Canaria



Trip style:	Destination:	Walking Grade	Carbon Footprint:
Guided Walking Holidays	Spain	3 & 7	1027kg CO2

HOLIDAY OVERVIEW

Enjoy Gran Canaria's world-class walking, varied scenery and 'eternal spring' weather as we uncover the island's beautiful central mountains and rugged coastline. Our base in Agaete is away from the hustle and bustle of the larger resorts and offers great access to trails in the north, tucked away villages, as well as the dramatic landscapes of Tejeda and the eye-catching rock formation of Roque Nublo. Walks along balcony paths provide sweeping views across the island.

WHAT YOU'LL LOVE

- The wonderful walking climate, especially in winter
- Walking through stunning scenery and rock formations
- Visiting Europe's only coffee plantation at San Pedro
- Relaxing at our comfortable seafront hotel in Agaete
- Admiring the dramatic landscapes of Tejeda

WHAT'S INCLUDED

- Return flights from London Gatwick, including baggage and transfers (flights available from other airports - price may vary)
- A choice of 2 guided walks per day with local leaders (on walking days)
- HF Holidays Tour Manager
- 7 nights' accommodation in Agaete
- 7 breakfasts & 7 dinners
- All in-destination transport

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Day 1 **Arrival day**

Welcome to Hotel Occidental Roca Negra. Unpack and settle in.

Day 2 **Finca de Osorio and Teror**

Visit Parque Rural de Doramas, which has one of the last strongholds of laurel forest in Gran Canaria. We finish our day with a visit to one of the most charming and typically Canarian villages, Teror.

Option 1 - Finca de Osorio and Teror

Distance: 4.7 miles (7.5km)

Ascent: 300 ft (100m)

Descent: 400 ft (120m)

In summary: We journey through laurel forest that forms part of the ancient forest of Doramas, which once occupied the entire north of the island. As we explore the forest further we will discover trails with tree species of American and European origin, too.

Highlight: The ancient forest of Selva Doramas and the charming village of Teror

Option 2 - Osorio Pico de Rayo, Laguna de Valleseco & Teror

Distance: 5.3 miles (8.5km)

Ascent: 1,200 ft (360m)

Descent: 1,100 ft (340m)

In summary: Our walk explores the Finca de Osorio which covers over 200 hectares of forest and farmland surrounding the Pico de Rayo, our summit for today which is a small volcano that reaches a height of 3,176 feet (968m).

Highlight: Reach the summit of Pico de Rayo.

Day 3 Cruz de Tejeda Circuit

Walk on the rim of Caldera de Tejeda to the village of Cruz de Tejeda. Take in the impressive volcanic scenery and discover the striking rocky outcrop of Roque Nublo.

Option 1 - Lianos de la Pez and the balcony path to Cruz de Tejeda

Distance: 4.5 miles (7km)

Ascent: 530 ft (160m)

Descent: 1025 ft (315m)

In summary: We start walking on a spectacular balcony path round the rim of the Caldera de Tejeda, before arriving at the welcoming cafes in Cruz de Tejeda.

Highlight: Views on the Balcony Path.

Option 2 - Roque Nublo and the Balcony Path to Cruz de Tejeda

Distance: 6 miles (9.5km)

Ascent: 1,100 ft (330m)

Descent: 1,600 ft (480m)

In summary: We start by ascending towards the stunning feature of Roque Nublo, standing at 5,800 feet at the heart of the island. We then transfer to start a further walk on a spectacular balcony path round the rim of the Caldera de Tejeda.

Highlight: Spectacular views from Roque Nublo.

Day 4 Tamadaba Natural Park & Agaete Valley

Ascend the foothills of Tamadaba Natural Park and the 'Sacred Mountains', finishing in the coffee plantations of the Agaete Valley.

Option 1 - Agaete Valley

Distance: 5 miles (8km)

Ascent: 920 feet (280m)

Descent: 100 feet (20m)

In Summary: Walking up Agaete ravine at the base of Tamadaba National Park's sacred mountains, we admire one of the last volcanic lava flows of the island and cross the fertile valley of Agaete before arriving at the aromatic coffee plantation in San Pedro.

Highlight: Visit the coffee plantation at San Pedro

Option 2 - Guayedra to the Agaete Valley

Distance: 5.3 miles (8.5km)

Ascent: 2,550 feet (780m)

Descent: 1,550 feet (480m)

In summary: We ascend to the foothills of Tamadaba Natural Park (a biosphere reserve), admiring the views over fertile Agaete Valley and Europe's highest cliff, before descending to the aromatic coffee plantations in San Pedro.

Highlight: Visiting the coffee plantation at San Pedro for a tasting of local produce and, of course, home-grown coffee.

Day 5 **Free Day**

Each week there is a free day when no guided walks are offered. This is an ideal opportunity to relax around the hotel, walk independently or visit local places of interest. Some options for your free day might include:

Santa Cruz: Take a ferry to Santa Cruz, the port city which is the capital of neighbouring Tenerife. Wander the old town and visit the Palmetum – a large botanical garden containing one of the biggest collections of palm trees in the world. Santa Cruz also has a large waterpark with many different saltwater pools plus a lively bazaar and food market – the Mercado de Nuestra Senora de Africa. You could also visit the Museum of Nature and Man which contains the cannon which shot off the arm of Admiral Nelson! From Santa Cruz you could also take a tram to La Laguna, a town which is considered to be the cultural capital of Tenerife. Its historic centre is UNESCO listed.

Las Palmas de Gran Canaria: Take the bus to Gran Canaria's capital – Las Palmas. This port city is known for its duty-free shopping, UNESCO listed old quarter and large, sandy beaches. Wander its side streets where you can pull up a chair in a café for tapas and drinks. In February, the annual carnival takes place with flamboyantly dressed performers, music and dancing.

Playa de La Aldea: Take the bus to this resort on the western side of the island with its long stretch of pebble beach served by bars and restaurants.

Hotel: Relax at the hotel and take advantage of its outdoor swimming pool, wellness centre and roof terrace.

Day 6 **Montaña Del Viso And La Aldea**

Visit the impressive province of La Aldea in the west of Gran Canaria. Take in the views from Degollada de Tasarte and climb Montaña del Viso, or traverse the valley below.

Option 1 - Degollada de Tasarte to La Adlea

Distance: 5.6 miles (9km)

Ascent: 700 ft (220m)

Descent: 2,300 ft (700m)

In summary: This walk starts at the Degollada before following a well used path to the town of La Aldea.

Highlight: Beautiful views on this walk.

Option 2 - Mount Viso and La Aldea

Distance: 6.2 miles (10.8km)

Ascent: 1,400 ft (420m)

Descent: 3,300 ft (1,000m)

In summary: Starting from the Degollada we traverse a spectacular balcony path above the valley before rising to the ridge and along to the summit of Mt. Viso. There are spectacular views over the coast and to Tenerife. We descend the end of the ridge to a viewpoint above La Aldea and through farmland to the town.

Highlight: Reach the summit of Mt. Viso.

Day 7 **Moriscos and Pinos de Gáldar To Caideros**

Enjoy the viewpoints over the Canarian pines and Caldera at Moriscos and Pinos de Gáldar before continuing to Caideros.

Option 1 - Pinos de Galdar to Caideros

Distance: 5 miles (8km)

Ascent: 200 feet (60m)

Descent: 2,800 feet (860m)

In summary: We begin at the viewpoint of Pinos de Galdar looking over its recent Caldera (volcanic crater), before descending through pine forest to open countryside with fine views of the north of the island.

Highlight: Extensive views of Pinos de Galdar and the charming village of Caideros.

Option 2 - Moriscos to Caideros

Distance: 6.8 miles (11km)

Ascent: 800 ft (200m)

Descent: 3,500 ft (1,100m)

In summary: This option starts higher up at Mirador de Las palomas with views over Caldera de Tejeda and take us through Los Morsscoc before descending through pine forest to Lomo Galeote, and on to Caideros.

Highlight: Views over Caldera de tejeda and volcanic landscape.

Day 8 **Departure day**

We hope to see you again soon.

DAILY WALK OPTIONS



Gentle walking grade 3

Slightly longer walks, mostly on well-trodden paths, with some gentle gradients plus stiles and steps possible. Typically, 5-6 miles (8-10km) with around 650ft (200m) of ascent.



Moderate walking grade 7

The most active moderate grade. Longer distances and short but steep ascents and descents possible throughout the day. Hill walking experience desirable. Typically, 11-12 miles (18-19km) with around 1,800ft (560m) of ascent.

ACCOMMODATION

Occidental Roca Negra, Gran Canaria

Enjoying a seafront location in a quiet residential part of Agaete. This adults only hotel offers 140 large and bright en-suite rooms, a large freeform swimming pool and a wellness centre. This hotel combines a wonderful location from which to access Gran Canaria's superb walking as well as a comfortable stay, including a contemporary restaurant and outdoor seating which enjoy sea views.

Your evenings

The friendly atmosphere of our guided walking holidays continues into the evening. Enjoy a glass of wine or local beer whilst hearing about the next day's walking options. You may wish to take a stroll to Agaete, passing the natural salt water swimming pools in the rocks and meandering down to the harbour.

FOOD & DRINK

Dining at Roca Negra

Our holidays in Gran Canaria are on a half-board basis and include breakfast and evening meal.

Breakfast

Breakfast is served in Restaurante El Juncal and there is an extensive selection of hot and cold options from a self-select buffet.

Lunch (payable locally)

Ingredients for packed lunches can be purchased in nearby Agaete and stored in the fridge in your room. On some days it may be possible to eat out at local cafes; your leaders will advise you of the best options.

Dinner

Dinner is also served in Restaurante El Juncal. A large and impressive buffet with a huge range of appetizers, at least 4 options of main course and a mouth-watering dessert section including a range of cheeses.

ROOMS

Your room at Roca Negra

The Roca Negra features 140 spacious and contemporary rooms. All rooms feature:

- Flat screen television
- Air conditioning
- Tea/coffee making facilities
- Complimentary toiletries
- Telephone
- Balcony or Terrace
- Room safe
- Hairdryer

ABOUT YOUR STAY

Facilities at the Roca Negra

Whilst staying at the hotel guests can enjoy:

- Large outdoor swimming pool with sea views
- Extensive wellness centre
- Rooftop terrace with panoramic views and comfy seating
- Two bars serving a selection of beers, wines, spirits and soft drinks
- Gym
- Free Wi-Fi

TRAVEL DETAILS

Address

Occidental Roca Negra
Avenida Alfredo Kraus 42
Urbanizacion El Turman
Agaete 35480
Gran Canaria, Spain

Tel: 0034 928 898009

VACCINATIONS & HEALTH

Vaccinations & health information

Before booking, you should check with your doctor to see whether any health precautions are needed for your trip. Health advice and requirements can change, so we recommend doing this in good time before travel.

As a general rule, travellers should ensure they are up to date with routine UK vaccinations and boosters, including, for example, MMR and diphtheria, tetanus and polio. Some countries may require you to have specific vaccinations such as Malaria, Rabies and Yellow Fever. Please check with your GP if you are unsure.

Please note that the use or possession of some common prescription or over-the-counter medicines is restricted or banned in certain countries. If you will be carrying medication, you should check with the relevant embassy or consulate before travelling. As an extra precaution, we recommend keeping medication in its original packaging, carrying a copy of your prescription, and, where possible, asking your pharmacist to provide the medication name in the language of the country you are visiting.

For further country-specific health advice, visit www.fitfortravel.nhs.uk or www.traveldoctor.co.uk. If you are travelling from outside the UK, please consult your own doctor and check local entry requirements.

PASSPORTS & VISAS

Passport & Visa information

This information is for those travelling with a full 'British Citizen' passport; for all other nationalities or passport holders, please check with your local consulate for advice.

Passport Requirements

This information applies to travellers holding a full British Citizen passport. Entry requirements vary by destination and can change at short notice. For most EU and worldwide destinations, passports must be valid for the entire duration of your stay. Some countries also require a minimum period of validity remaining on your passport (often up to 6 months beyond your return date), even if you are not staying that long.
We strongly recommend ensuring your passport has at least six months' validity remaining at the time of travel to avoid any issues.

If you hold a different type of British passport or a passport issued by another country, you must check the requirements with the relevant embassy, consulate, or official government website.

Visa Requirements

Visa rules depend on your nationality, destination, length of stay, and purpose of travel, and they can change frequently. It is your responsibility to check whether you require a visa before travelling.
British passport holders should check the latest entry, passport validity and visa requirements for their destination on the UK government's Foreign, Commonwealth & Development Office (FCDO) website:
https://www.gov.uk/foreign-travel-advice

ESSENTIAL INFORMATION

Packing list

It's best to be prepared for all weather conditions. To make it easier, here is a list of items you should consider packing.

Essentials

- Walking boots
- Waterproof jacket
- Waterproof trousers
- Insulated jacket/top
- Walking clothing
- Walking socks (plus spares)
- Sunhat
- Gloves/mitts and warm hat
- Water bottle (minimum 2 litre capacity)
- Headtorch
- High-factor sunscreen (minimum SPF 30)
- Swimcap (compulsory in Itialian resorts)
- Sunglasses with a dark lens
- Rucksack (15-30 litres)
- Mobile phone
- Personal first aid kit (containing your medication, blister plasters, etc.)
- Passport
- Visa (if applicable)
- Copy of your travel insurance policy
- UK Global Health Insurance Card (**formerly known as EHIC**)

Recommended

- Collapsible walking poles
- Swimwear and travel towel
- Snacks
- Dry bags

- Rubbish bags
- Insect repellent

Optional extras

- Camera
- Sit mat
- Flask for hot drinks
- Durable lunch box
- Gaiters
- GPS device (excluding Bhutan, Georgia and India)

JOINING INSTRUCTIONS (WITH FLIGHTS)

With flights

Book your holiday 'with flights' and you can choose to depart from selected UK airports* to your destination. For latest flight times and prices please call us on 0203-974-8865 or email reservations@hfholidays.co.uk

If you choose to book your flights with us, we automatically include return transfers between the destination airport and hotel.

JOINING INSTRUCTIONS (WITHOUT FLIGHTS)

Without flights

If you are booking on a land-only basis, you can join the group transfer at an additional cost. To do so, your arrival and departure times must be in line with the scheduled group flight timings. Guests travelling at different times will need to arrange their own transfers. Please contact us before booking to discuss the available options and costs.

USEFUL INFORMATION

Travel Insurance

Travel insurance is a condition of booking. Therefore, if you have not already arranged insurance, it is imperative that you do so before you travel.

For more information about healthcare and its costs, please visit: https://www.nhs.uk/using-the-nhs/healthcare-abroad/

Drinking Water

Drinking Water

Standards for drinking water vary widely around the world. In many destinations, tap water may not be safe to drink, brush your teeth with, or use for making ice. Where advised, you should drink only bottled or treated water and ensure that bottle seals are intact before use. If bottled water is unavailable, water should be boiled or filtered.

Staying well hydrated is particularly important in hot climates and during active holidays. Carry water with you and drink regularly.

If you are unsure about local water safety, check official country-specific health advice before travel, or ask your accommodation or local guides for guidance once you arrive.

Holiday Tips for Gran Canaria Guided Walking Holiday

Language:

Spanish

Currency:

Euro

Changing money:

There is an ATM machine in Agaete where you can obtain money.

Electricity:

220 Volt AC with round two pin plugs; you will need an adaptor for any appliances brought from the UK.

Telephone code:

If the international number you wish to call starts with a 0, you must drop the starting digit when dialling the number.
To dial a UK number 0044
To dial a Spanish number 0034

Language Information for Gran Canaria

The language of Gran Canaria is Spanish.

Telephone Code for Gran Canaria

If the international number you wish to call starts with a 0, you must drop the starting digit when dialling the number.
To dial a UK number 0044
To dial a Spanish number 0034

LOCAL CURRENCY

The local currency is the Euro (€)

ELECTRICITY

Electricity information for Gran Canaria

220 Volt AC with round two pin plugs; you will need an adaptor for any appliances brought from the UK.

ATM AVAILABILITY

ATM availability for Gran Canaria

There is an ATM machine in Agaete where you can obtain money.

TRIPNOTE VALIDITY

TRIP NOTE VALIDITY These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be updated post booking and pre-departure. We will send you the latest trip notes prior to departure through a link in your pre departure documents or we can send you a copy in the post if preferred. In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call HF Holidays and ask to speak to one of the team about this itinerary. The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure, the Trip Notes supersede the brochure. All holidays can be subject to unexpected changes; so please be prepared to be flexible where necessary. At times, it may not be possible to follow the itinerary as planned due to weather conditions, political, physical or other factors. In these circumstances we will make the best possible alternative arrangements to maintain the integrity of the original itinerary.

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