

Walking on the Island of La Palma

Tour Style: European walking holidays

Destination: Spain

Trip code: LMLCL

3 & 4



HOLIDAY OVERVIEW

Affectionally known as La Isla Bonita, this lesser-known island lures with gorgeously unspoiled landscapes, enchanting forests, pine groves, verdant hills, star-lit skies, and almost 1,000km of paths for walkers. This holiday is the perfect introduction to the nature-filled Caldera de Taburiente National Park as well as the architecturally-rich capital, Santa Cruz de la Palma.

WHAT'S INCLUDED

- A full programme of guided walks with two options every walking day
- All transport to and from the walks
- The services of an experienced local leader
- 'With flight' holidays include return flights from the UK and hotel transfers
- En-suite accommodation
- Half-board (breakfast and evening meal)
- Return flights from the UK including hold baggage and airport transfers

HOLIDAYS HIGHLIGHTS

- Discovering enchanting forests, pine groves, and verdant hills
- Visiting the architecturally-rich capital, Santa Cruz de la Palma
- Marvelling at the Caldera de Taburiente rim, often above a 'sea' of clouds
- Admiring lush green vegetation and incredible volcanic geology
- Enjoying the extensive gardens at the comfortable Parador de la Palma

TRIP SUITABILITY

This is a level 3 and level 4 graded Activity, Easier walks: 5 to 8 miles (8 to 13km) on a mix of rocky and cobbled paths, with some steep ascents and descents. Up to 1,200 feet (360m) of ascent in a day. Harder walks: 7 to 11 miles (11 to 17½km) with some steep ascents and descents. There are also some rocky sections. Up to 2,500 feet (750m) of ascent in a day.



ITINERARY

Day 1: Arrival Day

We meet you at La Palma Airport and take you to Parador de La Palma. Unpack and settle in.

Day 2: La Galga Forest & Coastal Walk

We start the week exploring the laurel forest of La Galga and the northeast coast of La Palma. Water has carved deep barrancos where green lush vegetation, giant ferns and mosses grow all over creating a magical fairy tale atmosphere. On the second part of the walk, we pass along banana plantations over the marine cliffs until our final destination, Charco Azul. Today, we enjoy contrasted landscapes of a protected forest, rural areas, great ocean views and lovely typical houses in the little charming village of San Andrés. On route to the start of the walk we will stop in the charming capital Santa Cruz chance to pick up a picnic and short orientation.

Option 1 - Laurisilva, Banana's & Rum (Easier Walk)

Distance: 4.5 miles (7.5km)

Ascent: 1,000ft (300m)

Descent: 2,300ft (700m)

The easier walk descends through the dense laurel forest to the heart of Cubo de La Galga. Many native trees and birds can be seen and heard on our way through the ravine bed. A short transfer takes us to the archaeological site of El Tendal, a cave used by the prehispanic Benahorita population. After entering the visitor centre and learning about the indigenous people that lived on the island before the Spanish, we continue downhill surrounded by banana plantations towards San Andrés and Charco Azul. We toast with local rum for a great start of our walking holiday.

Option 2 - Laurisilva, Banana's & Rum (Harder Walk)

Distance: 8 miles (13km)

Ascent: 2,100 ft (650m)

Descent: 3,200 ft (980m)

The harder walk ascends through the dense laurel forest to the heart of Cubo de La Galga. Many native trees and birds can be seen and heard on our way through the ravine bed. Emerging from the ravine, we descend to San Bartolomé and reach the cliff path over the coast. We cross deep canyons and continue along the coastline surrounded by banana plantations towards San Andrés and Charco Azul. We toast with local rum for a great start of our walking holiday.

Day 3: Barrancos Of The Wild North

Today's walk takes us to isolated hamlets set on the mountain ridges of the north coast, far from mass tourism and back to past times. The 'camino real' swings up and down constantly descending and ascending barrancos and offering stunning cliffy coast views. This is one of the authentic paths leading to the end of the world, passing modest houses and telling old stories of local people's life.

Option 1 - La Tosca To Gallegos

Distance: 3.5miles (5.5km)

Ascent: 1,150 ft (350m)

Descent: 1,980 ft (600m)

We begin the walk in La Tosca viewpoint, famous for its impressive dragon trees and magnificent views of the north coast. Our path undulates from flat rural tops with terraces and hamlets to green shady ravines. We pass Topaciegas and La Palmita, and we finally reach Gallegos, not after crossing its deep canyon.

Option 2 - La Tosca To Franceses

Distance: 5.5 miles (8.5km)

Ascent: 2,380 ft (720m)

Descent: 2,950 ft (900m)

We also start the walk in La Tosca viewpoint, famous for its impressive dragon trees and magnificent views of the north coast. Our path undulates from flat rural tops with terraces and hamlets to green shady ravines. We

pass Topaciegas, La Palmita, also Gallegos, after crossing its deep canyon, and carry on to Franceses, going down and up another deep canyon.

Day 4: The Volcanoes Trail

La Palma is the most active volcanic island of the Canary Islands, the last eruption taking place in Today both groups enjoy dramatic landscapes sculpted by the wild force of nature. Volcanoes, lava fields, volcanic sands and chaotic scoria combining with peaceful nature, green pine trees and a deep blue ocean.

Option 1 - San Antonio & Teneguia, The Southern Volcanoes

Distance: 4.5 miles (7.5km)

Ascent: 160ft (50m)

Descent: 2,460 ft (750m)

This walk starts from the southern town of Los Canarios, where almond biscuits and sweet malmsey wines pair at perfection. We walk the rim of San Antonio volcano offering spectacular views both into its round deep crater and down to the south tip of the island. The lava flows of the new volcanoes covered the previous surface except for Roque Teneguía, where native plants and aboriginal carvings have survived. The route pass by 1971 Teneguía volcano, where gas and heat can still be seen and felt. Then, we descend through the volcanic lava fields before emerging at sea level in Faro de Fuencaliente. At the end of the walk there is time to explore the only commercial salt pans on La Palma and enjoy refreshments.

Option 2 - Cumbre Vieja Volcanoes

Distance: 11 miles (17.5km)

Ascent: 2,550 ft (780m)

Descent: 4,920 ft (1,500m)

The harder walk starts from the Refugio del Pilar and follows forest paths to reach the centralsouth spine of the island, Cumbre Vieja. Along this route, we pass by some of the most picturesque volcanoes of the island: the jaw-dropping Hoyo Negro crater; the lava fields of Duraznero; the 360° views from Las Deseadas, peaking almost at 2,000m (6,500ft) above sea level; and the recent eruptions of El Charco 1712 and Martin 1646, during an enjoyable descent on the volcanic sands to Los Canarios, where we meet the easier walkers and the coach.

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 may include:

Hotel: Relax in the hotel, enjoy a walk in the gardens and rest by the pool area.

Santa Cruz de La Palma: Why not visit some local places of interest? Santa Cruz is the pretty capital of the island and just 10min away by bus or taxi from the hotel. Walk around the cobbled streets in the old quarter where there are traditional buildings with wooden carved balconies festooned with brightly coloured flowers. You can have lunch in one of the many restaurants and relax at the new beach.

Day 6: Caldera De Taburiente National Park

Today takes us to the heart of 'La Isla Bonita', to the Caldera de Taburiente National Park. On the centre of the island can be found a spectacular hole 8km (5 miles) large and 2,000m (6,500ft) deepprotected since 1954. Colonized by pine trees and shaped by water erosion, Taburiente and Las Angustias offer beautiful sceneries for today's walk.

Option 1 - Las Angustias Canyon

Distance: 7 miles (11km)

Ascent: 1,230 ft (380m)

Descent: 1,230 ft (380m)

The easier walkers start today from Las Angustias Canyon. We ascend following the river bed up to Dos Aguas and then to the 'Cascada de Colores'. We find pillow lavas, formed inside the ocean water, after some long uplifting movements, at 400m (1,300ft) above the sea level. We cross two water dams, still in use to water the extensive banana fields on the coast of Tazacorte and Argual, filled with debris from the erosion of the Caldera. From time to time, we need to hop from one side of the stream to the other in the middle of the high towering walls of the Barranco. We walk the same way down along Las Angustias Canyon back to the coach.

Option 2 - Los Brechitos - Taburiente - Las Angustias

Distance: 8.5 miles (13.5km)

Ascent: 1,150 ft (350m)

Descent: 3,950 ft (1,200m)

A further drive up the Hacienda del Cura twisting road leave the harder walkers in the scenic Mirador de Los Brechitos. On the first part of the walk, we snake through the forest down to Taburiente stream crossing bridges across small ravines and enjoying the views of the Caldera and the scent of old Canary pine trees along the path. After puddling in the stream, we head down the Reventón to the 'Cascada de Colores' and Dos Aguas, with views to the iconic Roque Idafe. From there, we also play hopping the stream of Las Angustias side to side and continue along the Canyon downhill until we reach the coach.

Day 7: Roque De Los Muchachos

Last day, we are rewarded with exhilarating walks to reach the top of the island, the Roque de Los Muchachos, 2,426m (7,960ft) above the sea level. This area above the pine tree level offers stunning views over the clouds and as far as Mount Teide in Tenerife. The summit is also home to one of the most important astrophysical observatories worldwide and to many international telescopes such as the largest telescope on Earth, GRANTECAN, and some British ones with familiar names: Liverpool Telescope or Isaac Newton Telescope, located here due to the 'dark skies' of La Palma.

Option 1 - Pico De La Cruz To Roque De Los Muchachos

Distance: 3 miles (5km)

Ascent: 1,300 ft (400m)

Descent: 900 ft (280m)

Taburiente rim. Almost 2,000m (6,500ft) below there is Taburiente stream. The erosion has unearthed superb lava dikes and the vegetation try to find ways to survive here all year long. We pass near some of the telescopes before reaching the top of La Palma, Roque de Los Muchachos, and walk to the very end of the path, where we can imagine flying like a red-billed chough.

Option 2 - Pico De La Nieve To Roque De Los Muchachos

Distance: 7 miles (11km)

Ascent: 3,280 ft (1000m)

Descent: 1,480 ft (450m)

The hard walkers start today climbing up, overpassing the pine forest line, to reach Pico de Las Nieves, where the Caldera opens suddenly immense and overwhelming. From there, a gently ascent, but undulating, following the Caldera's rim, takes us to Pico de Piedra Llana, Pico de la Cruz and, finally, a well-deserved, Roque de Los Muchachos.

Day 8: Departure Day

We take you back to the airport for your flight home. Hasta la vista La Palma! We hope to see you soon.

ACCOMMODATION

Parador De La Palma - La Palma

The Parador de la Palma is located in an area of great scenic beauty, close to the capital of the island. The Parador building is newly-constructed with traditional Canary Island architecture. It has an extensive garden of 44 hectares, home to native plants and fruit trees allowing pleasant walks along several paths where the plants are identified by their scientific names. There are stupendous views over the Atlantic Ocean at this very special location.

Accommodation Info

Rooms

The Parador has 78 comfortable en-suite rooms, some with sea views from their balconies as well as air conditioning and satellite television.

The rooms are comfortably furnished with TV, telephone, room safe (free), Wi-Fi (free), en-suite bathroom with complimentary toiletries, hairdryer and minibar (charged).

About Your Stay

Inside, the reception leads to a central courtyard garden with shaded seating all around. A large bar area leads to an elegant dining room serving traditional Canary Island produce. At the reception there is a small shop selling essentials.

As well as offering a high standard of comfort, the hotel has an outdoor swimming pool (seasonal) and seating, a sauna and gym.

The Parador is set within 44 hectares of tropical gardens, with avocado trees and native plants. This makes a delightful walk in the evening with views of the Atlantic Ocean.

There is a comfortable sitting room and large bar area with seating. Free Wi-Fi is available throughout the hotel and bedrooms.

Food & Drink

Our holidays at La Palma are on a half-board basis and include breakfast and evening meal.

Breakfast

The buffet breakfast consists of wide selection of breads, jams, fresh and stewed fruit, cereals, fruit juices, cheese and cold meats, tea and coffee. There are also hot breakfast options available.

Lunch (payable locally)

You may prefer to buy ingredients for your picnic lunch locally in nearby Breña Baja. On some days it may be possible to visit shops on the walk, or eat in a local café; your leaders will advise you of the options.

Evening meal

The restaurant specialises in preparing local dishes but does have international dishes on the menu (there is also a special gluten free menu). Recommended dishes include watercress or chickpea broth made with varied meats. Also recommended are the fresh, grilled or parboiled fishes, served with a good "mojo" (typical Canary Island sauce).

Dinner is a 3-course meal served at your table.

Drinks

The hotel has a well-stocked bar serving beer, wine and spirits

Your Evenings

The friendly atmosphere of our Guided Walking holidays continues into the evening. Your leaders will give you information on the area and the choice of walks for the next day. You may like to relax in the hotel lounge and socialise with your fellow walkers.

TRAVEL DETAILS

Address

Parador De La Palma
Ctra. el Zumacal
38710 Breña Baja

Tel: [0034 922 43 58 28](tel:0034922435828)

USEFUL HOLIDAY INFORMATION

Joining Instructions (With Flights)

Book your holiday 'with flights' and you can choose to depart from a range of 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)

Alternatively, tailor your journey to suit you by booking your holiday 'without flights' and you'll have the freedom to book your own flights from your local airport.

If you choose this option, transfers are not included in the price. However, below are some suggestions to help you reach your destination:

Shared group transfer

You can still purchase a seat on our group airport transfer, but you must arrive in destination prior to the main group. It is your responsibility to book flights which allow enough time to meet our shared transfer.

Please note, all flight times are subject to change. If your arrival and/or departure time changes and no longer fits our group transfer, we will be unable to delay departure for you. Should this occur, we will refund you the

cost of the transfer and you can either make your own way to the accommodation or we can book a private taxi transfer (at your expense). HF Holidays cannot be held responsible for your onward travel if you are unable to meet the transfer coach.

Private taxi transfer

Depending on your destination, we may be able to arrange a private taxi transfer for you. Please call us up to 5 weeks in advance to enquire about availability and costs for this option on 0203-974-8865.

*Subject to availability

Essential Information

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)
- 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

Useful Information

The language of La Palma is Spanish

Is considered safe to drink, but if you prefer, bottled mineral water can be purchased from the hotel or local supermarkets.

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

Travel Insurance

Travel insurance is a condition of booking. Therefore, if you have not already arranged insurance, it is imperative that you do so, and advise us of the insurance company and policy number.

We work with Campbell Irvine to provide you with competitive single and annual multi-trip insurance. Please see our website for more information and details of how to contact them for a quote:

<https://www.hfholidays.co.uk/about-us/booking-information/insurance>.

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

Local Currency

The local currency is the Euro (€)

Electricity

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

ATM Availability

There are several ATM machines in Santa Cruz where you can obtain money.

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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