Walking on the Island of La Palma



Trip style:	Destination:	Walking Grade	Carbon Footprint:
Guided Walking Holidays	Spain	5 & 8	982kg CO2

HOLIDAY OVERVIEW

The greenest of the Canary Islands is affectionally known as La Isla Bonita – and for good reason. Get to know this gorgeous isle with a trek through the rocky landscapes of Caldera de Taburiente National Park, walks in the ancient laurel forests of La Galga, and a climb to the summit of Roque de Los Muchachos - the island's highest peak.

WHAT YOU'LL LOVE

- Discovering enchanting forests, pine groves, and verdant hills
- 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 Hacienda San Jorge

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 (2027 Departures Only)
- 7 nights' accommodation in Los Cancajos
- 7 breakfasts & 7 dinners
- All in-destination transport

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Day 1 **Arrival Day**

We meet you at La Palma Airport and take you to your hotel. 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.

Option 1 - La Galga & El Tendal to Charco Azul (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.

Option 2 - La Galga & El Tendal to Charco Azul (Harder Walk)

Distance: 8 miles (13km)

Ascent: 2,300 ft (700m)

Descent: 3,280 ft (1000m)

The harder walk also plunges into the dense laurel forest and ascends to Cubo de La Galga. Many native trees and birds can be seen and heard on our way through the ravine bed. From La Galga, we descend to San Bartolomé enjoying the views over the northeast of the island until we 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.

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. You can also explore the nearby seaside of Los Cancajos, enjoy a stroll along the beach or dip in the sea on a warm day.

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 - Tajogaite Volcano & Caños de Fuego

Distance: 4.5 miles (7km)

Ascent: 80 ft (25m)

Descent: 2,460 ft (750m)

After a stop at the visitor centre of Caldera de Taburiente National Park, the easier walkers head to the start of the walk, where we will also learn more about the last volcanic eruption in 2021, creating Tajogaite Volcano. The area is covered by volcanic ash - some pine trees have survived to tell their tale, thanks to their fire resistance and resilience; others have dried out or burn. As we walk closer to the steamy Tajogaite volcano, yellow mineral patches can be seen near the crater and the wind blows from time to time the smell of sulphur. The descent takes us to Las Manchas, a residential area where we can see houses and roads engulfed by lava flows and ashes. We end the excursion at Caños de Fuego visitor centre. We explore this area where the lava flows of San Juan Volcano, erupted in 1949, created many lava tubes such as Cueva de Las Palomas and Cueva del Vidrio.

Option 2 - Los Brecitos - 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 Brecitos. 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.

DAILY WALK OPTIONS



Moderate walking grade 5

Some walking experience needed. Full day walks which may include some short but steep ascents and descents throughout the day, and varied terrain. Regular stops. Typically, 8-9 miles (13-15km) with around 1,300ft (400m) of ascent.



Challenging walking grade 8

Challenging walks for fit, experienced walkers. Expect rugged or mountainous terrain, or some longer distances than typical for this grade. Typically, 12-13 miles (19-21km) with around 2,300ft (700m) of ascent.

ACCOMMODATION

Hacienda San Jorge 3-Star - La Palma

Surrounded by beautiful gardens and swaying palms, the beachfront Hotel Hacienda San Jorge is the perfect hideaway for those looking to relax. Clean and comfortable apartment-style rooms come with a fully equipped kitchenette. Outside, you can take a dip in the lake-shaped swimming pool, sip a drink in the shade of the giant Ficus tree, or soak up some sunshine whilst swinging in a hammock. As for facilities, the hotel boasts a large gym complete with sauna and steam room, an on-site mini market, plus a buffet restaurant with views of the mountains and sea on one side and the pool and gardens on the other.

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.

Telephone Code for La Palma

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 La Palma

The language of La Palma is Spanish

LOCAL CURRENCY

The local currency is the Euro (€)

ELECTRICITY

Electricity information for La Palma

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 La Palma

There are several ATM machines in Santa Cruz 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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