

7-Night Lanzarote Guided Walking Holiday

Tour Style: European Centre Based
Destinations: Canary Islands & Spain
Trip code: LZLCL-7
2 & 3



HOLIDAY OVERVIEW

Lanzarote is a starkly beautiful island with large parts forged from relatively recent volcanic activity giving them a barren, Mars-like appearance. But it also has green valleys, pretty villages full of traditional white-washed houses and exhilarating coastal areas. Nudging close to the coast of Africa, this Spanish outpost is gloriously warm year-round with winter temperatures getting up to a skin-warming 20°C during the day - perfect for exploring on foot. Join us for a guided walking holiday to explore most parts of the island including the starkly beautiful volcanic region within Timanfaya National Park. There is also the chance to learn about Cesar Manrique, an artist and architect dedicated to preserving his home island and an exploration of Teguise, the island's fascinating old capital. A short ferry journey takes us to Lanzarote's smaller neighbouring island – La Graciosa – a carless, peaceful idyll with stretches of long, golden beach.

WHAT'S INCLUDED

- A full programme of guided walks with 2 options every walking day
- All transport to and from walks

- The services of experienced HF Holidays leaders
- "With flight" holidays include return flights from the UK and hotel transfers
- 7 nights accommodation in en-suite rooms
- Full Board - breakfast, packed lunches on 5 days, lunch in restaurant on free day dinner and drinks in the evening
- One free entry to the Wellness Centre

HOLIDAYS HIGHLIGHTS

- Discover the island's volcanic activity at the Timanfaya National Park with a tour through the lava fields
- Near-perfect year-round climate; ideal for a winter escape or a scorching summer holiday
- Learn about Cesar Manrique, an artist and architect dedicated to preserving his home island
- Walk the steep northern cliffs with views to the island of La Graciosa
- A starkly beautiful island that encompasses volcanic moonscapes, green rolling hillsides and exhilarating seascapes

TRIP SUITABILITY

This is a level 2 and level 3 graded Activity, Easier walks: 5 to 7 miles (8 to 11km) sometimes on rough and stony paths. Up to 1,100 feet (330m) of ascent in a day. Harder walks: 6 to 11 miles (9½ to 17½km) using steeper and rougher paths. Up to 1,800 feet (540m) of ascent in a day.



ITINERARY

Day 1: Arrival Day

Welcome to HD Beach Resort. Unpack and settle in.

Day 2: Teguise

Our first day's walks will take us to the centre of the island where we will visit the old capital, Teguise.

Option 1 - Miradors And Teguisse

Distance: 5 miles (8km)

Total ascent: no ascent

Total descent: 1,000 feet (300m)

In summary: A short journey will take us to the Ermita de las Nieves, an old chapel from where there are magnificent views all around the island. We then follow a gentle ridge to another viewpoint at Pico de Maramajo, before continuing to Teguisse where we will have time to explore.

Highlight: Discover unique artisan workshops in the winding streets of Teguisse.

Option 2 - Miradors And The Castillo De Santa Barbara

Distance: 8 miles (13km)

Total ascent: 800 feet (240m)

Total descent: 1,600 feet (480m)

In summary: From Ermita de las Nieves, we too head south to Pico de Maramajo, crossing a valley and ridge to Teguisse, enjoying views around the valley. After looking around the town, we pass the Castillo Santa Barbara, high on the crater of Guanapay and finish in the old hamlet of Tesequite.

Highlight: Enjoy lunch at one of the pavement cafes in Teguisse.

Day 3: Timanfaya National Park To Yaiza

Today we'll travel to the Timanfaya National Park where we'll pay a visit to the visitor centre to discover more about this volatile volcanic landscape with a guided tour. After a spot of lunch at the scenic El Golfo, both groups travel on to Femés to continue our walks.

Option 1 - Yaiza

Distance: 4 miles (6½km)

Total ascent: 300 feet (90m)

Total descent: 800 feet (240m)

In summary: Leaving Femés, we take a good track over a col into the neighbouring valley of Yaiza to meet our transport home.

Highlight: The devastation of the volcanic eruptions in the 1700s is brought to life at the Visitor Centre.

Option 2 - The Ridge To Yaiza

Distance: 5 miles (8km)

Total ascent: 1,000 feet (300m)

In summary: Our walk will take us up and to the second highest peak of the island, Atalaya de Femés for spectacular views over the area before descending into the village of Yaiza to join the easier group and our

transport home.

Highlight: The views from Atalaya de Femes and the ridge are stunning.

Day 4: The Slopes Of Montana Corona

Today we travel to the north of Lanzarote and enjoy our walks before taking the ferry from Orzola to the island of La Graciosa, with the opportunity to explore independently in the afternoon.

Option 1 - Ye To Orzola

Distance: 4 miles (6½km)

Total ascent: 100 feet (30m)

Total descent: 1,200 feet (360m)

In summary: This walk starts at the peaceful village of Ye, descending along good tracks and quiet roads through the Malpais de Corona to Orzola with panoramic views.

Highlight: Take advantage of the relaxed pace of life on the island, enjoy lunch in the tiny village of Caletto de Sebo or explore the tranquil shore.

Option 2 - Maguez To Orzola

Distance: 6 miles (9½km)

Total ascent: 400 feet (120m)

Total descent: 1,400 feet (420m)

In summary: Starting from Maguez, the harder walk follows the route of the GR 131, the long-distance path that goes from north to south of Lanzarote. The route contours round the slopes of Montana Corona before descending through the Malpais de Corona to meet the ferry at Orzola.

Highlight: Walk along the shore or hire bikes to visit the secluded cove of Playa de la Cocina on the island of La Graciosa.

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:

César Manrique: A tour of César Manrique's astonishing contributions to Lanzarote: the César Manrique Foundation, the Cactus Gardens and the Jameos del Agua, a restaurant built in ancient lava bubbles and tunnels.

Costa Teguisé: Alternatively, a short stroll along the promenade will take you into the centre of Costa Teguisé or to beaches either side of the old town. There is also an 18-hole golf course nearby.

HD Beach Resort: At the HD Beach Resort itself, you could enjoy the wide range of facilities, including the outdoor pools and wellness centre.

Local information website: For information on Lanzarote please visit turismolanzarote.com

Day 6: From Pico Oveja To The Coast

Today we will explore the south of this beautiful island.

Option 1 - Through The Barranco To Puerto Calero

Distance: 7 miles (11km)

Total ascent: 600 feet (180m)

Total descent: 1,400 feet (420m)

In summary: We will contour the lower slopes of Pico Oveja offering extensive views to the Atlantic before descending to Playa del Pozo. From here we follow the coast passing a number of barrancos until we reach Puerto Calero with its attractive waterfront and many cafés for refreshments.

Highlight: The peaceful valleys are scarcely visited; we'll have spectacular views of the ocean all to ourselves.

Option 2 - The Pico Oveja Ridge To Puerto Calero

Distance: 9 miles (14½km)

Total ascent: 900 feet (270m)

Total descent: 2,100 feet (630m)

In summary: Leaving the village of Femes we'll ascend onto the ridge to the south of the Femes Valley which will take us to today's summit on the Pico Oveja. After taking time to admire this excellent viewpoint across the Atlantic and to the dramatic volcanoes of the Timanfaya National Park, we descend to the coast to follow the coastal route to Puerto Calero to join the easier group.

Highlight: Uninterrupted views of the ocean and the dramatic volcanic landscape of the Timanfaya National Park.

Day 7: Miradors Of The North

Today we venture to the northwest of the island, where the landscape is surprisingly greener with more vegetation than other areas of the island explored this week.

Option 1 - Miradors Of The Northern Villages

Distance: 7 miles (11km)

Total ascent: 1,000 feet (300m)

In summary: Our route will take us from the outskirts of Maguez along a cliff-top route offering superb views across to La Graciosa as we make our way through miradors to La Pescosa before descending back into Maguez and on to Haria for refreshments.

Highlight: Take the opportunity to visit Cesar Manrique's house, now a museum.

Option 2 - Miradors And Los Helechos

Distance: 9 miles (14½km)

Total ascent: 1,500 feet (450m)

In summary: Our route also takes advantage of the views across to La Graciosa as we ascend Los Helechos which affords us views into its caldera. From here we begin our descent to Maguez and on to Haria, with its stunning cliff top mirador with views of the Riscos de Famara, joining the easier group.

Highlight: The views from each mirador is spectacular, and gives a different view of this stunning island.

Day 8: Departure Day

We hope to see you again soon.

ACCOMMODATION

HD Beach Resort & Spa - Lanzarote

The 4-star HD Beach Resort Hotel overlooks the beautiful beach of Costa Teguise. The hotel has an airy and contemporary design and all HF Holidays guests enjoy Junior Suite rooms with all inclusive drinks at dinner. The resort has a wide range of facilities including swimming pools, cinema, wellness centre and gym. The shops and local services of Costa Teguise are only a short walk away.

Accommodation Info

Rooms

There are 177 comfortable en-suite bedrooms.

The Junior Suites have air conditioning, fridge, coffee maker, toaster, telephone, room safe, TV, hairdryer and a balcony or terrace.

Facilities

The HD Beach Resort has two outside swimming pools with seating and sunbeds, the larger of which also has sea views. There is a 24-hour reception, bike hire, a large wellness centre (payable locally) with sauna, Turkish bath, Jacuzzi and relaxation areas with mood lighting. The hotel has a range of water sport activities that can be booked on your free day and also a gym.

Food & Drink

Our holidays at HD Beach Resort are on an a Full Board basis and include breakfast, packed lunches on 5 days, lunch in the restaurant on the free day and evening meal and drinks in the evening.

Breakfast

Breakfast is served in the La Geria restaurant; there is an extensive selection of hot and cold options from a self-select buffet.

Lunch

Packed lunches are provided by the hotel on the 5 walking days.

Evening Meal

Dinner is also a buffet with a large and varied selection of international and local dishes. There is an interactive menu which can help you decide what to choose with comprehensive information which will help any of our guests with particular dietary requirements.

Your Evenings

The friendly atmosphere of our Guided Walking holidays continues into the evening.

Enjoy a glass of wine or local beer before hearing about the next day's walks. On most evenings you will be able to take advantage of the hotel's entertainment programme.

You may wish to take a stroll with your leader along the illuminated promenade to the bustling resort of Costa Teguisse, or to the beaches either side of the old town. Or you may like to relax on the terrace or in the bar, with a drink and chat with your fellow guests.

There is a dedicated area where you can play pool, snooker or table tennis. Your leader will also be checking out for any local events going on nearby.

TRAVEL DETAILS

Address:

HD Beach Resort
Av. de las Islas Canarias
Costa Teguisse 35509 Lanzarote

Tel: 0034 928 826 077

THE HASSLE-FREE OPTION

Book your holiday 'with flight' and choose between Gatwick, Manchester and Birmingham flights to Arrecife airport. For flight times and prices please see the Dates & Prices tab.

If you choose this option we automatically include return transfers between the airport and the hotel. The short coach transfer takes approx 20 minutes to the HD Beach Resort

THE FLEXIBLE TRAVEL OPTION

Alternatively, tailor your journey to suit you by booking your holiday 'without flight' allowing you 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:

- We can book you a seat on the **HF Holidays' transfer coach** from Arrecife airport (transfers are timed to meet the HF Holidays' flights* (provisional flight times can be found on the dates and prices tab or you can call us on 020 8732 1220 for more information). Cost per single journey is £10.50
 - Taxis are readily available at the airport for the short 20 minute transfer.
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Transfers must be pre-booked. Please call 020 8732 1220 for more details

* Please note that HF Holidays is not responsible for your onward travel if you fail to meet the transfer coach

USEFUL HOLIDAY INFORMATION

What To Bring

Essential Equipment

To enjoy walking/hiking comfortably and safely, footwear, clothing and equipment needs to be suitable for the conditions. Safety and comfort are our priorities, so our advice is to come prepared for all eventualities.

- Footwear with a good grip on the sole (e.g. Vibram sole) is the key to avoiding accidents.
- Walking/hiking boots providing ankle support and good grip are recommended (ideally worn in), and specialist walking socks to avoid blisters.
- Several layers of clothing, which can be added or removed, are better than a single layer (include spares).
- Fabrics (lightweight and fast drying) designed for the outdoors are recommended.
- Waterproof jacket and waterproof over trousers.
- Warm hat and gloves.
- Denim jeans and capes are not suitable on any walks.
- Rucksack with a waterproof liner.
- Thermos flask for hot drink.
- Water bottle (at least 2 litre).
- Spare high-energy food such as a chocolate bar.
- Small torch.
- First aid kit – your leader's first aid kit doesn't contain any medication or blister kits (such as Compeed).
- Sun hat and sunglasses
- Sun cream.

Optional Equipment

- Walking poles are useful, particularly for descents.
- Insect repellent.
- Camera.
- Gaiters.

Useful Information

Language: Spanish

Currency: Euro

Changing money: There are several ATM machines in Costa Teguse 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.

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

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

The local language of Lanzarote 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

Local Currency

The currency of Lanzarote 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 Costa Teguisse where you can obtain money.

HOW TO BOOK

When you're ready to book, you can choose to **book online** or book **over the phone**. Our website offers secure online booking for our holidays, is available 24/7, and offers more in-depth information about all our holidays. If you prefer to call us, our experienced and knowledgeable team are available to answer any specific questions you have and can offer guidance as to which holiday is best suited to your needs.

Our office is open: Monday to Friday: 9am – 7pm Saturday & Sunday: 9am – 1pm Bank Holiday Monday: 9am – 1pm

PAYING YOUR DEPOSIT

To secure the holiday of your choice, you will need to pay a deposit: UK & European Holidays: £150 per person and Worldwide Holidays: £250 per person. You can pay your deposit by debit or credit card with no additional card fees charged or make an online BACS payment directly into HF's bank account, please see details under BACS payments. You can also pay your deposit by cheque within seven days of booking. Cheques should be made payable to 'HF Holidays Ltd' with your booking reference / Order ID on the back.

NON-MEMBER FEE

Non-members can join our holidays by paying a Non-Member's fee of £20 per person per holiday. Alternatively, full membership is available from £100 – visit hfholidays.co.uk/membership for details.

BACS PAYMENTS

Please quote your booking reference / Order ID when you make your payment online: Bank Name: Svenska Handelsbanken AB (publ) Account Name: HF Holidays Ltd Account Number: 35923304 Sort Code: 40-51-62 IBAN: GB92HAND40516235923304 Swift / Bic Code: HANDGB22

Once we have received your booking and deposit, we will send a confirmation invoice to the lead name. Please check this carefully. For bookings 'with flights' it is essential that the names on your booking confirmation invoice match those on your passport for bookings overseas. Please advise us immediately of any errors. Any name changes after the balance of your holiday has been paid will be subject to a fee levied by the airline.

MANAGE MY BOOKINGS

Payments can also be made through the Manage My Booking function on our website. Click on the link at the top of our homepage. This is available to all customers who provide an email address at the time of booking.

YOUR FINAL BALANCE

The balance is due 10 weeks before departure. As with paying your deposit, you can pay your final balance by debit or credit card, make an online BACS payment directly into HF's bank account or pay by cheque.

TRAVEL INSURANCE

Travel insurance is an important part of any booking and essential for one of our holidays. HF Holidays works with specialist. Insurance Brokers Campbell Irvine Direct. For more information or to obtain a quote call them on 01702 427 236 or visit hfholidays.co.uk/insurance

PEACE OF MIND

ATOL:

The air holidays and flights in this brochure are ATOL-protected, since we hold an Air Travel Organiser's Licence granted by the Civil Aviation Authority. Our ATOL number is ATOL 710. In the unlikely event of our insolvency, the CAA will ensure that you are not stranded abroad and will arrange to refund any money you have paid us for advance bookings. For further information visit the ATOL website atol.org.uk

MEMBER OF ABTOT:

HF Holidays is a member of ABTOT (The Association of Bonded Travel Organisers Trust Limited) which provides financial protection under the Package Travel, Package Holidays and Package Tours Regulations 1992 for HF Holidays Ltd and in the event of their insolvency, protection is provided for the following: 1. non-flight packages commencing in and returning to the UK; 2. non-flight packages commencing and returning to a country other than the UK; 3. flight inclusive packages that commence outside of the UK and Republic of Ireland, which are sold to customers outside of the UK and Republic of Ireland. 1, 2 and 3 provides for a refund in the event you have not yet travelled. 1 and 3 provides for repatriation. Please note that bookings made outside the UK and Republic of Ireland are only protected by ABTOT when purchased directly with HF Holidays Ltd.

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.

PRICE GUARANTEE

We promise that our earliest published prices will always be the best and if we reduce our holiday price after your booking has been confirmed, we will pass this reduction on to you. Our price promise applies if any subsequent offer price is for an identical holiday, duration, location and date and does not cover any optional extras, flights or additional services.

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