

7-Night Tenerife Guided Walking Holiday

Tour Style: European Centre Based
Destinations: Canary Islands & Spain
Trip code: TELCL-7
2 & 4



HOLIDAY OVERVIEW

The Atlantic island of Tenerife contains a wealth of different landscapes that can be visited on your Guided Walking holiday. Volcanic activity is the major force that has created the landscape with comparatively recent volcanic activity to be seen amongst the black sands of Las Arenas Negras. Richly contrasting landscapes await the visitor who walks the trails of Tenerife. Most dramatic of all is the lunar scenery of the Teide National Park in the centre of the island at an altitude of 7,000 feet. Rising above is the summit of Mount Teide itself, the highest mountain in the whole of Spain. The Anaga region in the northeast of the island, renowned for its laurel forests, affords spectacular views of steep sided valleys as they sweep to the sea. Here cave dwellings are still inhabited today, allowing a view into the island's history before its colonialisation. In contrast, the island's old capital, San Cristóbal de La Laguna, allows us to discover the island's colonial past. Our base for the week, this elaborate colonial city.

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
- Half Board - continental breakfast and evening meal

HOLIDAYS HIGHLIGHTS

- New improved walking programme explores lush forests, beautiful coastlines, exotic flora and fascinating volcanic scenery
- Enjoy our 4-star hotel, located in the heart of the UNESCO World Heritage town of La Laguna
- Discover the unspoilt Anaga Peninsula
- Remarkable volcanic landscape dominated by El Teide

TRIP SUITABILITY

This is a level 2 and level 4 graded Activity, Easier walks: 5 to 8 miles (8 to 13km) on a variety of terrain. Up to 1,200 feet (360m) of ascent in a day. Harder walks: 6 to 11 miles (9½ to 17½km) on varied terrain with some rough or steep sections. Up to 2,600 feet (780m) of ascent in a day.



ITINERARY

Day 1: Arrival Day

Welcome to Hotel Laguna Nivaria. Unpack and settle in.

Day 2: Cruz Del Carmen

Today we travel East to the Anaga Peninsula where we begin our day at the Visitor Centre at Cruz del Carmen.

Option 1 - Cruz Del Carmen Mirador

Distance: 6 miles (9½km)

Total ascent: 600 feet (180m)

Total descent: 1,600 feet (480m)

In summary: We start our day at the Cruz del Carmen Visitor Centre. We then descend through laurel forests and farmland, catching spectacular views of barrancos before continuing on to Los Carboneras for a refreshing drink.

Highlight: The short walk out to the Mirador de Aguide is rewarded with stunning vistas of the rugged coastline.

Option 2 - Taborno

Distance: 7 miles (11km)

Total ascent: 900 feet (270m)

Total descent: 1,800 feet (540m)

In summary: The first part of the day covers the same ground as the easier group. On reaching Los Carboneras we continue towards the village of Taborno through the Barranco de Taborno on old pathways.

Highlight: The Matterhorn-esque Roque de Taborno dominates the landscape towards the end of our walk.

Day 3: Las Arenas Negras

Today we head west to the small hamlet of Montaneta. These walks explore an area of comparatively recent volcanic activity and we will be accompanied by local guides who will inform us about the volcanic history. The last major eruption here was in 1706. This intriguing landscape is accentuated by the backdrop of black ash which sparkles in the bright sunlight and gives the area its name.

Option 1 - Erjos To San Jose De Los Llanos

Distance: 5 miles (8km)

Total ascent: 1,200 feet (360m)

In summary: From our walk start, we ascend gently with interest from a local guide through the pine forest to the Las Arenas Negras. The black ash here provides an insight into the island's volcanic nature, with views to El Teide on a good day. We then descend to meet our transport in San Jose de Los Llanos.

Highlight: Walking through black lava with the local guide bringing the island to life.

Option 2 - Through The Lava From Erjos

Distance: 8 miles (13km)

Total ascent: 1,300 feet (390m)

In summary: This walk explores the landscape of Las Arenas Negras in more depth; with the areas fascinating past brought to life by a local guide. We have time for lunch among the black ash, with gorgeous views to El Teide on a good day, before descending to our walk's end in San Jose de Los Llanos.

Highlight: The alien landscape of Las Arenas Negras is unmissable - the black ash glitters in bright sunshine.

Day 4: The Chamorga Loop

The easier walk enjoy a route from Cruz del Carmen back to La Laguna, while the harder group heads into the relatively undiscovered Anaga region of Tenerife to the North East of La Laguna.

Option 1 - The Mirador Del Jardina To La Laguna

Distance: 6 miles (9½km)

Total ascent: 400 feet (180m)

Total descent: 1,400 feet (560m)

In summary: We make our way along the undulating wide ridges of the hills surrounding the valley to enter La Laguna. From here we make a regal entrance into the heart of the city via an avenue of palms, we will have time to stroll the pedestrianised streets and discover the secrets of the past and present in this unexpected melting pot of cultures spanning five hundred years.

Highlight: The view from the walk start over the whole valley with La Laguna in its centre.

Option 2 - Chamorga Loop

Distance: 6 miles (9½km)

Total ascent: 2,000 feet (600m)

In summary: We too start from Chamorga, exploring upland areas of Anaga. Our walk undulates along and over ridges with great views of the Atlantic, the Roque de Dentro and the Punta Anaga lighthouse. We then descend to Roque Bermejo before heading back to Chamorga.

Highlight: Spectacular views of dramatic ridges sweeping into the sea.

Day 5: Free Day

Each week there is a free day when no guided walks are offered. Options for your free day may include:

La Laguna: Explore this colonial town and visit the historic mansions, open to the public. Or simply relax in the hotel and talk advantage of their spa facilities.

Santa Cruz: Visit Santa Cruz, the capital of the island. A short tram ride away from La Laguna, this port has a plethora of museums and activities to enjoy.

Day 6: Teide And Las Canadas

Today, we head to Teide National Park, with Teide, an active volcano and Spain's highest mountain dominating the lunar landscape.

Option 1 - Through The Lunar Landscape

Distance: 6 miles (9½km)

Total ascent: 300 feet (90m)

Total descent: 900 feet (270m)

In summary: We cross the crater through an amazing array of rocks and lava, a truly unforgettable experience. Passing the Sanatorio which was originally built inside the Teide crater in the 19th century because doctors believed that the climate of Teide was good for respiratory illnesses. Our route continues to the Parador and visitors centre. In the afternoon we visit the Roques de Garcia.

Highlight: Look out for the rock formations of the Roque de Garcia, which include the 'Roque Cinchado' (or 'finger of God') the 'White Tower', and the 'Cathedral'.

Option 2 - Montana Guajara

Distance: 9 miles (14½km)

Total ascent: 2,000 feet (600m)

In summary: Starting at the Parador hotel, we'll head for the highest point on the crater rim, Montana Guajara. Our ascent will wind its way around the flanks of the mountain, reaching the broad summit plateau with plenty of time to take a breather and revel in the views.

Highlight: The views from the summit are breathtaking; Teide and Las Cañadas dominate the panorama.

Day 7: Taganana Circuit

Our final day takes us back onto the Anaga peninsula. With its unspoilt views and coastline, and its traditional villages, this is a beautiful highlight to end the week with.

Option 1 - Taganana To Tamadiste Beach

Distance: 6 miles (9½km)

Total ascent: 1,100 feet (330m)

In summary: We start the day in the village of Taganana, a beautiful village framed by steep mountains. We walk up through the village streets, and out into the surrounding vineyards of El Chorro. Our destination is the beach at Tamadiste, a secluded spot perfect for a quiet lunch break. We return to Taganana by the same route.

Highlight: Enjoy your lunch on the remote and peaceful Tamadiste beach.

Option 2 - The Afur Circuit

Distance: 7 miles (11km)

Total ascent: 2,600 feet (780m)

In summary: The first part of the day follows the route of the easier party out of Taganana, through the El Chorro vineyards and on to Tamadiste beach. From here we follow the Barranco de Afur, heading inland to Afur. From there we climb to the pass of La Cumbrecilla, before descending back to Taganana.

Highlight: The panoramic views from La Cumbrecilla are excellent; and an opportunity to spot lots of places we've visited on our holiday on Tenerife.

Day 8: Departure Day

We hope to see you again soon.

ACCOMMODATION

Hotel Laguna Nivaria - Tenerife

Our holiday on Tenerife is based in one of the main squares of the UNESCO World Heritage town of La Laguna. This was once the main capital of the Canary Islands and has many cobbled streets, historic merchant buildings with beautiful courtyards, churches and convents. The 4-star Hotel Laguna Nivaria is a central meeting place for the locals and is a historical 16th Century building furnished with traditional furniture but with contemporary comfort. The hotel owns an organic farm with sustainable ethics which provides produce for the restaurant.

Accommodation Info

Rooms

There are 60 elegant ensuite bedrooms with telephone, TV, hairdryer, fridge and complimentary toiletries.

Facilities

There is a central courtyard coffee shop and some outside seating to the rear of the hotel. There is a wellness centre with small swimming pool. Included in your holiday is one visit to this centre to use the pool and/or the sauna or Turkish room as well as a gym. Free Wi-fi is available throughout.

Food & Drink

Our holidays at Hotel Laguna Nivaria are on a Half Board basis and include breakfast and evening meal. Breakfast is buffet style and the evening meal is a 3-course served meal with one glass of wine included.

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 and you may want to join your group for a group activity organised by the leaders. Alternatively, you may prefer to relax in the hotel lounge and socialise with your fellow walkers.

TRAVEL DETAILS

THE HASSLE-FREE OPTION

Book your holiday 'with flight' and choose between Gatwick, Manchester and Birmingham flights to Tenerife South 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 1 hour to the Hotel Laguna Nivaria.

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 Tenerife South airport. This is 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 £23.50
- Why not let us book you a taxi transfer: £85.50 from Tenerife South Airport

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

The language in Tenerife 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 local currency in Tenerife 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 La Laguna 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 £10 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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