

Walk the Trails of Tenerife

Trip style: Guided Walking Holidays

Destination: 📍 Spain

Trip code: TNF07-LCL09

Trip Walking Grade: ⚙️ 3 & 4

Carbon Footprint: 🌳 985kg CO2



Holiday Overview

As the largest island of the Canaries archipelago, Tenerife, has no shortage of out-of-this-world volcanic landscapes, pine-scented forests, and wide-open spaces. Our guided walking holiday takes in world-famous volcanic scenery dominated by Mount Teide as well as discovering the laurel forests of the Anaga Peninsula, the ash-covered landscape of the Arenas Negras volcanoes, and the UNESCO-listed town of San Cristobal de La Laguna.

WHAT YOU'LL LOVE

- Discovering the lush green laurel forests of the Anaga Peninsula
- Marvelling at volcanic landscape dominated by El Teide
- Wildlife-watching at Anaga Biosphere Reserve
- Admiring beautiful coastlines and volcanic scenery
- Staying at our 4-star hotels in the heart of San Cristobal de La Laguna and Santiago del Teide

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)
- 3 nights' accommodation in Santiago del Teide
- 4 nights' accommodation in La Laguna
- 7 breakfasts & 7 dinners
- All in-destination transport

WALKING GRADES AND OPTIONS

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 2,715 feet (780m) of ascent in a day.

This programme is rarely on flat terrain, there are constant ascents / descents and frequent rocky paths to ensure we offer attractive and varied walks.

This is a level 3 and level 4 graded Activity, Easier walks: 5 to 8 miles (8 to 13km) on a variety of terrain. Up to 1,720 feet (525m) of ascent in a day. Harder walks: 6.5 to 9 miles (10 to 14 km) on varied terrain with some rough or steep sections. Up to 2,300 feet (700m) of ascent in a day.

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Day 1 Arrival day

Welcome to Hotel La Casona del Patio. Unpack and settle in.

Day 2 Chinyero & Arenas Negras Volcanoes

The week begins by exploring Tenerife's two youngest volcanoes: Arenas Negras and Chinyero. Tenerife is still an active volcanic island and this pair of volatile giants last erupted in 1706 and 1909, respectively. We'll learn about the nature and geology of the area and find out how local people faced the eruptions, battled against devastating lava flows, and escaped with their lives.

Option 1 – San José de Los Llanos – Ecomuseo Los Partidos

Distance: 8 miles (13km)

Ascent: 1,300ft (400m)

Descent: 1,300ft (400m)

Leaving from San José de Los Llanos, we'll walk through Canary pine forest before crossing the extinct lava flows surrounding Arenas Negras and Chinyero. We'll pass by fields full of almond and fig trees in Los Baldíos, which – thanks to the island's year-round climate – blossom over wintertime. Finally, we'll end our walk at Ecomuseo Los Partidos for an insight into rural life and traditions.

Option 2 – Santiago del Teide – San José de Los Llanos

Distance: 8.5 miles (14km)

Ascent: 1,950ft (600m)

Descent: 1,500ft (450m)

Departing from the hotel, we'll climb the old path of Los Arrastraderos, admiring the fields full of almond and fig trees. We'll follow the most recent lava flow caused by the eruption of Chinyero in 1909 and follow it until we reach Arenas Negras. With luck, we'll spot the native Canary Blue Chaffinch. We'll end the walk in San José de Los Llanos.

Day 3 Teno Mountains

Today takes us to Tenerife's west, home to the Teno Mountains. We'll head into a landscape of great contrasts – from lush forests to deep canyons – as well as diverse climates and ancient traditions. The area is protected as a Rural Park, aiming to preserve both its natural and human heritage.

Option 1 – Erjos to Cruz de Hilda

Distance: 5 miles (8km)

Ascent: 1,070ft (325m)

Descent: 1,800ft (550m)

Begin the day spotting migrating birds at the Charcas de Erjos ponds before climbing the mountain rim. We'll cross the Monte del Agua laurel forest, head up to the Teno ridge, and follow the crest for wow-worthy views over the Masca canyon on one side and the Palmar valley on the other.

Option 2 – Santiago del Teide to Cruz de Hilda

Distance: 8 miles (11km)

Ascent: 2,000ft (600m)

Descent: 2,450ft (750m)

Departing from the hotel, we walk the Santiago del Teide valley and gain altitude until we reach Charcas de Erjos ponds. We ascend and cross a corner of Monte del Agua evergreen laurel forest. We contour Cruz de Gala mountain (1,354m), the highest summit in Teno, through a Canary pine grove, and enjoy extended views over the whole Teno area and Mount Teide, uphill in the centre of the island. From there, we follow the Teno ridge with great views over Masca canyon and El Palmar valley. Finally we descend over the picturesque Masca hamlet where we can refresh before driving back to the hotel.

Day 4 Teide's Caldera and Volcanoes

The Teide National Park is in focus on today's walks, which sits over 2,000m above sea level in the centre of the island. We'll cross 16km of the caldera, through a mind-bending array of rocks and lava, crowned by Mount Teide (3,715m) – an active volcano and Spain's highest mountain. After a fabulous time in Teide National Park you will be transferred to your new accommodation Hotel Laguna Nivaria.

Option 1 – Samara – Narices Del Teide

Distance: 5 miles (7.5km)

Ascent: 1,560ft (475m)

Descent: 900ft (275m)

You'll get an insight into the island's volcanic nature, exploring the volcanic fields in the west of Teide National Park, crossing lava flows, black fine ashes, and discovering basaltic caves used by shepherds a long time ago. The panoramic views from above the clouds and the contrast of vivid colours are outstanding.

Option 2 – Samara – Boca Tauce

Distance: 7.5 miles (12km)

Ascent: 1,900ft (575m)

Descent: 1,300ft (400m)

Starting from Samara volcano, we'll contour the inner side of the Teide's caldera criss-crossing between lava fields and Canary pine forest. During the walk you'll have the imposing Teide and Pico Viejo volcanoes on one side, and the western islands on the other.

Day 5 Free day

Each week there's a free day when no guided walks are offered. You're welcome to stay at the hotel and take advantage of its spa facilities, or head out and explore at your own pace.

There's the town of La Laguna, a UNESCO World Heritage Site, where you can dip in and out of historic mansions and churches as you wander around the old quarter. Or step aboard the tram to Santa Cruz, the capital of Tenerife, where you've got the bazaar and food market or the Palmetum, a large botanical garden, and an array of museums.

Day 6 Anaga Biosphere Reserve

Today we will discover the Anaga mountains, one of the oldest volcanic regions in Tenerife and a UNESCO Biosphere Reserve. It's home to some of Europe's most varied native wildlife as well as many villages and inhabitants. You'll explore sustainability through walks in this rich but fragile environment.

Option 1 - Cruz del Carmen – Chinamada – Las Carboneras

Distance: 5.6 miles (9km)

Ascent: 1,400ft (425m)

Descent: 2460ft (750m)

We begin the walk from Cruz del Carmen. We then descend through the native laurisilva forest and farmland, catching spectacular views of deep barrancos. When we reach Chinamada, we'll take a picnic stop at this charming hamlet, known for its dwelling caves. A short walk out then to the Mirador de Aguaide is rewarded with stunning vistas of the rugged coastline, before continuing on to Las Carboneras village.

Option 2 - Pico del Inglés – Taborno – Chinamada – Las Carboneras

Distance: 7.5 miles (12km)

Ascent: 2130ft (650m)

Descent: 3200ft (975m)

Starting from the top of Anaga mountains, we make our descent along old pathways enjoying the magnificent views over deep barrancos. We discover many local plants and trees and learn from our knowledgeable guides about rural life here in Anaga that is rapidly changing. We pass Taborno, Las Carboneras and Chinamada hamlets, this last one known for its dwelling caves.

Day 7 Teide National Park

On our last day, we'll have a second chance to be amazed by the crowning glory of Tenerife, the UNESCO World Heritage of Teide National Park. You'll have panoramic views over the Orotava Valley and Mount Teide during our drive and stops from a few viewpoints to keep you mesmerised.

Option 1 - El Portillo - Montana Blanca

Distance: 5.5 miles (9km)

Ascent: 1,720ft (525m)

Descent: 740ft (225m)

Teide National Park is a paradise for geology lovers, and this walk is no exception. Starting at El Portillo Visitor Centre and its Botanical Garden, we walk over the pumice stones of Montaña Blanca volcano, light and porous, discover the tiny fragments of the black, heavier obsidian glass, and discover "the eggs of Teide". We learn about Guanche's use of these region and resources and hear about expeditions to the top of Mount Teide over the last centuries. A bus transfer to Roques de García area shows a great contrast of volcanic materials and landscapes.

Option 2 - Guajara Mountain Loop

Distance: 6.5 miles (10.5km)

Ascent: 2,300ft (700m)

Descent: 2,300ft (700m)

Starting at the Parador hotel, we head for the highest point on the crater rim, Montaña Guajara (2,715m). Our ascent winds 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.

As we're closer to the stars up there, we'll hear about the British astronomer Piazzi-Smyth's expedition and the importance of the Teide Observatory before we descend back to Parador.

Day 8 Departure day

We hope to see you again soon.

Daily Walk Options



Medium Walks

Walks follow well-defined paths, though often in hilly or upland areas, or along rugged coastal footpaths. These may be rough or steep in sections and will require reasonable fitness.

Accommodation

Hotel Laguna Nivaria - La Laguna (4 nights)

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 in traditional style but with contemporary comfort. The hotel owns a sustainable organic farm which provides produce for the restaurant.

Travel Details

Address

Hotel Laguna Nivaria
Plaza Del Adelantado 11
38201 San Cristóbel De La Laguna
Tenerife

Tel: [0034 922 26 42 98](tel:0034922264298)

Hotel La Casona Del Patio - Santiago del Teide (3 nights)

This converted 17th century farmhouse is a rural escape surrounded by magnificent views of Spain's tallest peak, Mount Teide. Rooms come decorated in traditional Canarian style while two restaurants serve up delicious local food

from their wood-fired oven.

Travel Details

Address

La Casona del Patio
68 Church Avenue,
38690 Santiago Del Teide
Santa Cruz De Tenerife

Tel: [0034 922 839 293](tel:0034922839293)

Useful Holiday 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 (excluding Bhutan, Georgia and India)

Trip 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.

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>

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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