

# La Gomera - Jewel of the Canaries

Trip Code: LGT

Version: LGT La Gomera - Jewel of the Canaries



WALK & TREK



GUIDED GROUP



MODERATE



## HIGHLIGHTS

- Hike through magical cloud forest to the highest point on La Gomera
- Traverse across magnificent valleys and walk on GR131 long distance trail
- Take in spectacular views from Roque El Cano and explore timeless villages
- Cross by ferry from Tenerife to the "Walkers Island" and spot wild dolphins
- Easily combined with Undiscovered Tenerife for a two week adventure

## AT A GLANCE

- 6 days walking
- Max. altitude - 1487 metres
- Join at Tenerife

## ACCOMMODATIONS & MEALS

- 7 Breakfasts
- 6 Lunches
- 3 Dinners
- 2 nights Apartment
- 5 nights Hotel

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

# Introduction

Captivating La Gomera is known as The Walker's Island due to the veritable labyrinth of footpaths that snake through the island's pockets of cloud forest, timeless villages and colourful flora. Its uninterrupted coastal views and dramatic volcanic landscapes make it the perfect destination for a Canary Islands walking holiday. Described as a botanical treasure, La Gomera includes enchanting areas of cloud forest in the national park of Garajonay, which you'll hike up into. Further lovely walks during the holiday include the dramatic valleys of Rey and Loros and the spectacular viewpoint of Roque El Cano. A fantastic day hiking along a section of the GR131, the superb long distance footpath connecting all the best walking trails across the Canary Islands is a real highlight. Time to explore the pretty capital of San Sebastian, chapel of Santa Clara and Villahermoso's botanical garden, adds a spot of island culture and sightseeing. La Gomera is a true walker's paradise and this holiday includes six of the best walks on the island and charming accommodation, surrounded by beautiful scenery.

## Is this holiday for you?

The walks included in this holiday on La Gomera follow a mix of rural tracks and footpaths between villages and valleys. The majority of the trails we use are well-maintained and occasionally we may encounter some rocky sections, plus some volcanic terrain. Walking days are typically 5 - 7 hours with a good amount of ascents and descents. This holiday is suitable for regular walkers who are used to consecutive days of walking and want to walk on an island with quiet trails and little traffic.

# Itinerary

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## DAY 1

### Meet at Tenerife South Airport and take the ferry to La Gomera.

Meet at Tenerife South Airport for the group transfer (30mins) to Los Cristianos. There may be time for a stroll around the resort before boarding the ferry for the crossing (45mins) to San Sebastian on La Gomera.

The ferry from Tenerife to La Gomera is popular with tourists and locals alike. The islands are surrounded by wonderful marine life and if we're lucky we may see some dolphins. Six species are residents of La Gomera with the Atlantic bottlenose dolphin being frequently spotted. This area is also home to a large group of long-finned pilot whales. Around 300 whales live around the islands and pilot whales can be identified by their round dorsal fin, and spout which erupts like a high-pressure fountain.

On reaching the harbour at San Sebastian it's only a brief 10mins walk to our hotel. Our luggage is transferred separately, so we can just enjoy the walk. After checking in there may be some free time to explore before dinner and briefing from the leader.

Meals: D



**Accommodation**  
Hotel

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## DAY 2

### Hike through cloud forest to the highest point on the island, Garajonay (1484m).

Today starts with a brief transfer up into the hills above San Sebastian. Roads are few and far between, which makes the whole La Gomera walking experience very special and as we ascend it's easy to see why the island is known as a land that time forgot. Today is spent in the Garajonay National Park, called the green heart of La Gomera and home to patches of prehistoric forest. The park covers over 10% of the island and is an important water source with a labyrinth of streams and a fantastic diversity of plant species. Often covered in light mist, the cloud forest has an enchanted feel about it. As we hike to the summit of Garajonay (1484m), the highest point in the park, we pass twisted trunks of laurels, ferns, moss and lichens. The views here are spectacular and if the air is clear we'll see the neighbouring islands of El Hierro, La Palma, Tenerife and Gran Canaria. This enchanting forest is also home to fascinating fauna including invertebrates, birds, bats, Gomeran Lizard and Stripe-less Tree Frog. If we are lucky we'll also spot two endemic pigeons - the laurel and Bolle's pigeon. Our first fantastic day of walking ends with a short descent to the mountain village of Chipude, considered to be the oldest settlement on La Gomera.

We finish surrounded by fields of terracing which is quintessential La Gomera.

\*Food for thought: Be sure to try golfio con meil - goat's cheese, honey and almonds which is made into bread and cut into slices. The local speciality of Almogrote is traditionally made using a pestle and mortar and combines a hard cheese, garlic, pepper, chillies, ripe tomatoes olive oil. It's claimed that it originates from the Berbers of North Africa and can be described as packing a punch. Across the Canary Islands you'll find gofio. A popular mixture of roasted corn flour and barley which is not only served as an accompaniment to most dishes, but also sprinkled into coffee and wine!

Meals: **B L**

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	<b>Accommodation</b> Hotel		<b>Ascent</b> 900M		<b>Descent</b> 700M		<b>Time</b> 7 hrs walking		<b>Distance</b> 16KM
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### DAY 3

## Traverse the breath-taking valleys of Gran Rey and Los Loros.

After breakfast we leave our accommodation and prepare for a lovely day traversing two impressive valleys. Locally called barrancos, these impressive ravines were formed by the erosive nature of water which flowed from the forests down to the sea. Today the majority are dry which makes them an extremely dramatic area for walking.

Along the way we pass the pottery-making village of El Cercado nestled in a beautifully terraced landscape. Here you'll find typical stone houses and three workshops which keep the traditional art of pottery alive. Even today the potters make the ceramic art using traditional methods, handed down from generation to generation. After El Cerado we reach one of the prettiest valleys on the island, the Valle Gran Rey. This absolutely stunning gorge runs to the south west coast and is dotted with terraced fields and palm groves. Next we make our way down into the Valley of Los Loros passing sections of palms, juniper, heather and laurel. Towards the end of the walk we can enjoy a birds-eye view before reaching Vallehermoso in the north of the island. A dramatic 400m tall volcanic vent called Roque Cano towers over the town which is surrounded by banana plantations, small vineyards and potato fields. Vallehermoso was once the economic and cultural centre of La Gomera and today you'll see decorated houses, fountains, a town hall and lively square. After checking in at the hotel there will be time to explore before dinner.

\*Food for thought: Food on La Gomera is simple and very tasty. Papas arrugadas con mojo are a Canary Islands institution and delicious when served with mojo (traditional sauce). Papas arrugadas are tiny local potatoes served with their skins on. What's unique about the potatoes of the Canary Islands is their salted crust. These tasty little treats are boiled in sea water, until the salt crystals stick to the skins and served with a local sauce. You'll find two types of sauce - one which is red and spicy using local peppers and chili, whilst the other is green and includes a variety of local herbs. Served alongside fish and wrinkly potatoes this is a winning combination.

Meals: **B L**

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	<b>Accommodation</b> Apartment		<b>Ascent</b> 380M		<b>Descent</b> 1280M		<b>Time</b> 7 hrs walking		<b>Distance</b> 16KM
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#### DAY 4

### Walk through rural La Gomera to the chapel of Santa Clara for panoramic views.

After the lushness of the past two days, today we experience a starker landscape, which is typical of the other Canary Islands. Our trail starts with a gradual climb to the Chapel of Santa Clara which sits perched on a ridge. This simple but beautiful building dates as far back as 1888 according to the inscriptions on the wall. However, historical records date a previous building as far back as the seventeenth century. Amongst the residents of Vallehermoso, it is said that Santa Clara was the patron saint of good weather and was worshipped by farmers. Once here we are rewarded with breath-taking views, as the sea sits 700m below us. From this tiny isolated chapel we follow a ridge, and we should hopefully be able to see as far as Tenerife. The stunning volcano of Pico Teide, the highest point in the Canary Islands towers above Tenerife and looks magnificent. In the afternoon our path snakes down to a beach and we walk onto a tiny cove on the coast. We'll finish by heading back to our accommodation via the botanical gardens of Vallehermoso.

\*Food for thought: Sancocho canario is a local specialty which beautifully combines a number of dishes of the Canarian archipelago. A whole salted fish is served alongside sweet potato, gofio, the famed salty potatoes and mojo. It's a very simple but traditional dish and adding mojo sauce is a must to taste the wonderful contrast of sweetness, spiciness and saltiness. For dessert Bienmesabe simply translates as "tastes good to me" and is an indulgent paste of almonds, honey and sugar often served with ice cream or cream - not for the calorie conscious!

Meals: **B L**

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	<b>Accommodation</b> Apartment		<b>Ascent</b> 800M		<b>Descent</b> 800M		<b>Time</b> 7 hrs walking		<b>Distance</b> 15KM
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#### DAY 5

### Hike up Roque El Cano the breath-taking mini mountain above Vallehermoso

Towering over Vallehermoso is the dramatic rocky outcrop of Roque Cano, which we'll walk up to today. Hiking up and out of the valley, we make a short and steep ascent up to Roque El Cano, which is featured on the town's coat of arms. Surrounded by protected nature, this incredible formation offers superb views over Vallehermoso and the valley. After enjoying the views we continue whilst surrounded by stunning scenery to Las Rosas and the National Park Visitors' Centre at Juego de Bolas. Here we'll see a model of the island alongside information on the native flora and geography. The centre has a small café too which is ideal as a refreshment stop. In the afternoon we head into Barranco Sobre Argoto before making our way up to the viewpoint of El Chorillo. Once here the views over the Hermigua Valley are sensational. Towards the end of the day we descend on a path which winds down to Agulo. Overlooking



the Atlantic Ocean, Agulo is a charming town with cobbled streets, pretty houses, a small church and views of Tenerife. Depending on time and weather we may walk to Hermigua or catch a local bus for the final 4 or 5kms. Hermigua is located between two high mountain ranges and is known for its temperate climate. The town has terraced fields on one side and the coast on the other, whilst water-filled ravines provide year-round moisture and give the region one of the largest banana harvests of the island.

\*Food for thought: Wine has been produced on La Gomera for hundreds of years and because of the volcanic soil and old vines some excellent wines have been produced. The island's rugged landscape sees vineyards cultivated on steeply terraced hillsides. The steeper the slopes, the smaller the terraces and some are as high as 1500m above sea level. Here most of the work is still done by hand. Most of the wine is produced from white grapes and look out for the Forastera Gomera which has been grown on the island for over 400 years.

Meals: **B L D**

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	<b>Accommodation</b> Hotel		<b>Ascent</b> 850M		<b>Descent</b> 1090M		<b>Time</b> 7 hrs walking		<b>Distance</b> 20KM
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## DAY 6

### Walk through the beautiful area of Hermigua and follow volcanic paths to La Caleta beach.

Today we'll enjoy the amazing landscape of the Hermigua Ridge, which offers fabulous views over the coast. Romantically located between two high mountain ranges, this beautiful wide valley and stunning ridge is known for its temperate climate and unique nature. Water-filled ravines provide year-round moisture to Hermigua which secures its place as one of the largest banana growing areas on the island. This whole area is a paradise for nature lovers and offers an insight into traditional Canarian life. The emblem of the municipality is the characteristic twin cliffs of Roques de San Pedro whilst the coastline is home to beautiful beaches. After the Hermigua Ridge we head towards La Caleta described as the prettiest beach on the northern coast. This whole region was first inhabited by the Gomereros or Guanches, the aboriginal inhabitants of the Canary Islands. We'll follow the coastline through lush scenery and hike along volcanic paths all the way to La Caleta beach. In the afternoon we'll take a different route back to our accommodation after a lovely day of walking.

\*Food for thought: If you want to try very traditional long established dishes then Garbanzada a lo Canario is a wonderful Canarian Chickpea Stew which varies from kitchen to kitchen. The staples of the dish are vegetables, tomatoes and chickpeas. Potaje de berros is a Spanish soup made with watercress and potatoes, beans, carrots, corn, pork and saffron. It is then sprinkled with freshly chopped raw onion and a tablespoon of gofio is added. Ropa vieja translates to Old Clothes and is a delicious stew that uses up leftovers. Today it's an incredible important dish to local people and includes shredded beef and chicken plus beans, tomato and boiled potatoes.

Meals: **B L D**

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	<b>Accommodation</b> Hotel		<b>Ascent</b> 900M		<b>Descent</b> 1100M		<b>Time</b> 6 - 7 hrs walking		<b>Distance</b> 18KM
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## DAY 7

### A day on the GR131 long distance footpath.

For our final day on La Gomera, the GR131 offers a variety of walking options so the leader will decide on the best route for the day. The newly established GR131 long-distance route covers all seven of the Canary Islands. The entire path is 651km in length and includes 20,000m of ascent which includes a fantastic variety of dramatic volcanic landscapes. The La Gomera section stretches for 38km. After a final fantastic day of walking we'll return to San Sebastian where after freshening up we'll head out for our final dinner together and look back on a great week.

Meals: **B L**

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	<b>Accommodation</b> Hotel		<b>Ascent</b> 460M		<b>Descent</b> 1600M		<b>Time</b> 7 hrs walking		<b>Distance</b> 21KM
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## DAY 8

### Departure day. Take the ferry before transferring to Tenerife South Airport.

After an early breakfast we catch the first ferry back to Los Cristianos on Tenerife, from where there will be a single timed transfer back to Tenerife South Airport.

Meals: **B**

# Holiday Information

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## What's Included

- A professional and qualified tour leader
- A single timed group airport transfer on Days 1 and 8 Ferries between Tenerife and La Gomera
- All accommodation as described
- Meals as details in the meal plan
- All land transport involved in the itinerary

## What's not Included

- Travel insurance
- Some meals as detailed in the Meal Plan
- Tips for support staff and guide
- Miscellaneous expenses drinks souvenirs etc

## Joining Arrangements & Transfers

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### TRAVEL TO YOUR DESTINATION

If flying from the UK there are low cost airlines available to the start and from the end of your holiday.

To benefit from full financial protection, ease your holiday planning, and avoid dealing with airlines, we can book scheduled flights from the UK as part of a flight inclusive package. Scheduled flights are usually more expensive than low cost alternatives, however potentially less stressful if your flight is cancelled or delayed. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

The group will meet at Tenerife South Airport.

A single transfer from Tenerife South Airport to the ferry terminal at Los Cristianos is provided on Day 1. This transfer will depart Tenerife South at approximately 1230 (depending on the latest ferry timetable).

The ferry from Los Cristianos in Tenerife to/from San Sebastian in La Gomera is included in the holiday price.

At the end of the holiday a group transfer will be provided from the ferry terminal to Tenerife South Airport.

Anyone may join the group transfers by prior arrangement. Travelling as a group or on public transport saves energy. If this is not practical, we can provide private transfers at an additional cost. Taxis are also available.

Hotel contact details and an emergency number will be provided with your booking confirmation.

## Meal Plan

All breakfasts, 6 lunches and 3 dinners are included in the holiday price.

## Food & Water

Many places on this holiday have drinkable water from the tap to fill your personal water bottles. Please check with the leader at the various locations. Please take purification tablets or a filter bottle (such as a [Water-To-Go bottle](#)) for days when drinking water out of the tap is not available. We do not encourage the purchasing of single use plastic bottles.



## Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your diet with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

## Accommodation

For our 2 nights in San Sebastian we use an excellent 3 star hotel. For the remainder of the holiday we will stay in a variety of small comfortable family-run hotels and apartments with en suite rooms/ private bathrooms.

Accommodation is twin share. If you are travelling by yourself, you will be paired with another single client of the same sex. Single rooms are available for a supplementary cost. If you are planning to extend your holiday, additional nights at the group hotel are available on request.

## Group Leader & Support Staff

The group will be led by a professional and qualified tour leader.

## Spending Money

Approximately 150 - 200 Euros should be sufficient for miscellaneous expenses, including a reasonable amount of wine with meals. If you are intending to buy expensive souvenirs, you should budget accordingly. ATMs are available in most towns and credit cards can be used in most places on this trip.

## Baggage Allowance

For this holiday you should take one piece of luggage and a daypack. Luggage with wheels is useful for this holiday. For international flights please check your baggage allowance with your airline.

## Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and so you are free to proceed with your international flight booking and other travel arrangements.

# General Information

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## Passport & Visas

### Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders. A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

**It is your responsibility to ensure that you have the correct travel documents and visas for your holiday.** Please ensure that you check for the latest advice before travel. For the most up to date information on entry requirements, please visit the [UK Government website](#).

## Health & Vaccinations

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

## Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations.

## GHIC / Medical cover

UK residents should carry a free Global Health Insurance Card (GHIC). This entitles you to state provided medical treatment when you're visiting an EU country or Switzerland. This is not a substitute for medical travel insurance which is vital when travelling overseas.

## Currency

The currency for part or all of this holiday is the Euro.

## Preparing for your Holiday

Getting some additional exercise before coming on an active holiday makes a lot of sense. The fitter you are, after all, the more enjoyable you will find the experience.

You should be aerobically fit and comfortable with walking 3 to 6 hours for consecutive days. Hill walking, with a good amount of ascent and descent, is the best training. Running, cycling and swimming are also good for developing cardiovascular fitness and stamina.

## Climate

The islands of the Canaries are a year-round holiday destination with what is often described as eternal spring conditions. La Gomera has its own mini micro-climate. The north of the island tends to hold more cloud and has higher rainfall than the drier south and western parts. As a result, La Gomera is the greenest of the Canary Islands and particularly in the north is covered in verdant forest. During the period from September to March, we can expect daytime temperatures ranging from 16 to 24 degrees Centigrade, becoming progressively cooler as we gain height in the mountains. When walking in the cloud forest of Garajonay temperatures can be even lower than this so some warmer clothing than traditionally required for the Canary Islands is appropriate for this holiday. In April and May it will be a few degrees warmer than the above figures but still pleasant for walking in the mountains. Evenings can be chilly so you should remember to bring a few warmer items of clothing.

## Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at [travelaware.campaign.gov.uk](http://travelaware.campaign.gov.uk) and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: [www.travel.state.gov](http://www.travel.state.gov) for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

## Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

## Books

- Walking on La Gomera and El Hierro by Paddy Dillon from Cicerone.
- La Gomera: A Guide to the Unspoiled Canary Island by Tim Hart
- Canary Islands travel guide, Lonely Planet

## Maps

### La Gomera Kompass-Verlag

Part of a Canary Islands series specifically designed for walkers, this map at 1:30,000 has a contour interval of 50m, relief shading, spot heights and names of peaks and mountain ranges. Walking trails and various geographical features are shown. A simple, clear and up-to-date 'walkers' map of La Gomera is also available in San Sebastian.

## Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

Please note that a paper copy of your travel insurance is required if you are travelling to Huaraz and the Huayhuash region.

# Equipment Information

## Equipment List

Please try to keep the weight of your baggage to a minimum. See the 'baggage allowance' section for further details.

### You SHOULD bring the following items:

- Hiking boots (these should be sturdy with a good tread on the sole and with ankle support)

- Socks
- Trekking trousers
- Lightweight waterproof overtrousers
- Baselayer shirts (long sleeved and short sleeved)
- T-shirts and/or casual shirts
- Fleece jacket or similar
- Waterproof jacket
- Lightweight thermal gloves
- Warm hat
- Sunhat
- Sunglasses
- Daypack c. 20 litres
- Sun protection (including for lips)
- Water bottles 1 Litre (x2) (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Washbag and toiletries
- Antibacterial handwash
- Basic First Aid Kit including: Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment, insect repellent, and re-hydration salts (Dioralite).

### The following items are optional:

- Trekking poles (highly recommended)
- Trainers or sandals
- Shorts
- Swimwear and towel (for hotel pool)
- Camera and batteries
- Headtorch and spare batteries
- Spare laces
- Penknife (for picnic lunches)
- Reusable cloth bag for shopping (to avoid plastic bags)

### Cotswold Outdoor



Many of the Equipment items listed above are available from [Cotswold Outdoor](#) - our '**Official Recommended Outdoor Retailer**'. When you book a holiday with KE you will receive 12.5% discount voucher from Cotswold Outdoor and other retailers.  
[>> Find out more](#)

### Land Only Information

We sell this holiday on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. The holiday starts at Tenerife South Airport. A single timed transfer to/from the ferry port at Los Cristianos and the ferry journey to/from La Gomera is included.

## Why Choose KE

### Why KE

On this La Gomera adventure we've included 6 fabulous days of walking. One customer review described it as "STUNNING SCENERY AND FANTASTIC HIKES IN A SERENE SETTING" and we have to agree.



**Please Note** This document was downloaded on 21/05/2024 and the trip is subject to change