

Walking Undiscovered Tenerife and Pico Teide

Trip Code: TWW

Version: TWW Walking Undiscovered Tenerife and Pico Teide



WALK & TREK



GUIDED GROUP



MODERATE



HIGHLIGHTS

- Hike to the summit of Guajara (2715m) and visit the crater of Mt Teide (3718m)
- Walk through mountains and ancient laurel forests in the Anaga Reserve
- Follow superb coastal trails to secret coves and stroll along deserted beaches

- Soak up Canarian culture in colonial La Laguna and capital of Santa Cruz

AT A GLANCE

- 5 days walking
- Max. altitude - 3718 metres
- Join at Tenerife

ACCOMMODATIONS & MEALS

- 7 Breakfasts
- 5 Lunches
- 4 Dinners
- 3 nights Homestay
- 4 nights Hotel

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

Introduction

The colourful Canary Island of Tenerife is home to breath-taking walking and unspoiled nature. On this much-loved island you'll discover meandering trails, secluded beaches, volcanic mountains, fascinating culture, rich history, beautiful flora and the spectacular volcano of Teide (3718m). KE have included all these wonderful highlights and excellent coastal walking on this Canary Islands walking holiday. Starting on the dramatic west coast of Tenerife, our first hike takes us through sleepy hamlets to the lighthouse of Teno. Next, we set off on a two day trekking adventure through the heart of Teide National Park, a World Heritage. We will enjoy a stunning circular walk to the summit of Guajara (2715m), the island's third highest peak, and visit the crater of Mount Teide (3718m), the highest peak in Spain. After three days of hiking it's time for a well-earned free day. Either explore the beautiful UNESCO gem of La Laguna, or hop on the local bus to Puerto de la Cruz, complete with old centre and promenade. The remainder of the holiday is spent walking in the undiscovered Anaga biosphere reserve, where you'll discover a lush mountainous landscape and some of the best coastal walking in Europe. On our final night we enjoy the capital of Santa Cruz, complete with traditional piazzas, pavement cafes and pretty harbour.

Is this holiday for you?

The walks during this excellent holiday follow a mix of rural tracks between villages, small footpaths and coastal trails. The majority of the trails we use are well-maintained and occasionally we'll encounter some loose rock and volcanic terrain which can be slippery in the wet. Although there are no real sections of exposure, some trails are quite narrow and therefore we are unable to recommend this holiday for vertigo sufferers. Walking days are typically 5 - 7 hours in duration with regular ascents and descents. We've graded this holiday as 5 due to the longer walk on Day 3 and the decent on Day 4, both of which include walking at a higher altitude. A mid-week free day provides the perfect opportunity to relax, recharge and explore La Laguna before the walks in Anaga. A regular public bus service runs to Puerto de la Cruz in the north of the island for anyone who wishes to see the contrasting scenery on the north of the island. This holiday is suitable for regular hill walkers.

Itinerary

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DAY 1

Meet at Tenerife South Airport and transfer to our accommodation in Playa San Juan.

Meet at Tenerife South Airport before a group transfer to Playa San Juan. Tonight, we'll have our first briefing and enjoy dinner together.

Meals: **D**



Accommodation
Homestay

DAY 2

Walk through the spectacular Masca Gorge.

A perfect start to the walking week as we transfer (35mins) to the area of Masca located in the foothills of the spectacular Teno Massif. One of three volcanic formations that make up Tenerife, the area of Teno is a dramatic landscape containing the spectacular high cliffs of Los Gigantes and the hidden village of Masca (650m). We'll have time to briefly explore the village of Masca dramatically perched on the mountainside and a legendary pirate hideaway. With its abandoned houses and atmospheric location, the picturesque village centre is a great place to start our walk through the Masca Gorge. Surrounded by spectacular steep walls, the walking trail follows a small stream and descends directly to the sea. There will be plenty of opportunities to take photographs and admire the gorge along the trail before arriving at the beach. We'll picnic on the beach and soak up the amazing scenery before making the return journey up the gorge. After a great day of walking we make our way back to our accommodation.

Please note: at times the gorge is closed due to weather on these occasions an alternative walk along the Teno Massif to Teno Lighthouse will be offered

Meals: **B L D**



Accommodation
Homestay



Ascent
650M



Descent
650M



Time
7 hrs walking



Distance
10KM

DAY 3**Circular hike to the summit Guajara Mountain (2715m) with views across to el Teide.**

Today we enjoy a circular walk leading to the top of Tenerife's third highest peak, Guajara. We begin with a short transfer to the Parador Nacional de Las Canadas. From here we can see the impressive rock face of Guajara rising steeply before us. We follow a winding, rocky path, crossing several fields of scree on our way up to the summit plateau where we will find the ruins of the world's first observatory. We can spend some time enjoy the views over Mount Teide, the caldera and (cloud permitting) all the way to the neighbouring islands of Gran Canaria and La Gomera, before continuing back down to the Parador by an alternative route. Afterwards we transfer back to Playa San Juan for a third night.

Meals: **B L D**

	Accommodation Homestay		Ascent 600M		Descent 600M		Time 6 hrs walking		Distance 10KM
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DAY 4**Transfer to Teide National Park. Take cable car to the upper station. Walk to the crater of Mt Teide (3718m). Descend on foot. Transfer to La Laguna.**

After breakfast we transfer (90mins) to the Teide National Park to reach the lower station of the Mount Teide Cable Car (2356m) from here we ride the cable car to the upper station at 3555m. From the cable car station we ascend the last 200m on foot following the Telesforo Bravo Trail to the crater of Mt Teide (3718m). On clear days, it is possible to spot not only the neighbouring islands of Gran Canaria and La Gomera, but also as far as La Palma and El Hierro. After enjoying time on the top, we start the journey down through the superb landscape of the national park. Parque Nacional de las Canadas Del Teide, declared a national park in 1954 and added to the UNESCO World Heritage list in 2007, offers one of the most diverse eco-systems in the world. We will walk past a wealth of unique geological treasures including volcanoes, craters, vents and lava flows. The trail descends through an amazing lunar landscape bursting with a kaleidoscope of shapes and colours.

On reaching the road, we transfer to La Laguna, one of the most beautiful towns on the island and a UNESCO world heritage site. La Laguna was the first city established on the Canary Islands in 1494 and has a beautiful old centre with pastel-coloured mansions, grand palaces, a superb cathedral and a fantastic labyrinth of winding streets. The whole town has a wonderful feel and we recommend wandering down the atmospheric streets or people watching from one of the many pavement cafes. In the evening we'll enjoy dinner in a local restaurant.

Meals: **B L**

	Accommodation Hotel		Ascent 200M		Descent 1500M		Time 7 hrs walking		Distance 12KM
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DAY 5**Free day to explore La Laguna or visit Puerto de la Cruz on the north of the island.**

Today is free for you to relax after the ascent of Teide. The UNESCO World Heritage town of San Cristobal de La Laguna is described as the most beautiful town on Tenerife as it sits in the middle of the Aguere Valley. Here you'll find a real gem with narrow streets, grand mansions, beautiful architecture and a historic centre. The main street of Calle San Augustin is a pedestrian area and home to narrow streets and almost hidden from view cafes. Until 1723 it was the islands' capital, whilst today it's the cultural and religious capital. The town is home to San Fernando University and the Bishop's Palace, plus an abundance of stunning architecture. You'll discover palaces and traditional houses from the 17th and 18th century. Important buildings include La Laguna's Cathedral, Saint Dominic's Church and the Church of Our Lady. The cathedral was started in 1904 and took 9 years to complete. Today it is the most important church in the Canary Islands and the mother church of the diocese, which includes La Palma, La Gomera and El Hierro. The History Museum of Tenerife (Tues - Sat: 9am - 6pm Entrance 5 Euros) sits in a beautiful building dating from the 16th century. Built by the wealthy Lercaro family from Genoa, the museum is dedicated to Tenerife's history from the 15th century to the present. The best way to get a feel for La Laguna is to find a pavement café and people watch before losing yourself in its back streets.

Alternatively why not visit the contrasting north coast of Tenerife. Just hop on one of the direct public buses travelling from Santa Cruz to Puerto de la Cruz. The journey takes just over an hour to Puerto de la Cruz, which has been welcoming tourists since the 19th century. Once a holiday favourite of Victorian ladies, today it's the most popular northern town but remains Canarian in character. You'll discover a charming port and harbour, pockets of traditional architecture and a dramatic Teide backdrop. There is an abundance of restaurants and bustling pavement cafes, which makes it a favourite with locals too. Due to its position, Puerto de la Cruz receives less rain and more sunshine than the rest of the north, and the result is a wide variety of lush vegetation. Plaza Charco is the heart of the community and known for its Indian laurel trees, tall Canarian palms, pavement cafes and restaurants. If you want to walk in the footsteps of Agatha Christie, Sitio Litre orchid garden is absolutely stunning. Once an 18th century mansion and garden, it is now open to the public and includes over 300 different species of orchids plus bougainvillea, hibiscus, fir and an ancient dragon tree.

Meals: **B**







Accommodation
Hotel

DAY 6**Beautiful walking in the UNESCO biosphere nature reserve of Anaga. Overnight Santa Cruz.**

This morning we start by driving (45mins) to Punta Del Carmen nestled in the lush area of Anaga. The contrast between the area of Teide and this coast of Tenerife is outstanding. The protected Anaga Mountains could be a scene straight out of Jurassic Park, complete with atmospheric dragon trees and beautiful areas of laurel which provide amazing canopies to walk under. Anaga is an area of outstanding

natural beauty and consists of wild coastlines, deep ravines, rich forest and hamlets located on suspended such dramatic ridges that it's hard to believe anyone still lives there. Largely unexplored, this is an area famed for its beautiful laurel trees and spectacular coastal walking. Our trail today starts in the area of Punta Del Carmen before we descend through a beautiful landscape of rich vegetation which leads down to La Punta. Along the way we'll be rewarded with breath-taking coastal views, and learn about the ancient guanches. Still a great mystery, the original inhabitants of the Canary Islands were rumoured to be highly beautiful, tall and muscular, but little is known of their true origins. Our walk finishes in the small port of La Punta and after having a brief look around, a short transfer (30mins) sees us head to Santa Cruz, the capital of Tenerife. With its brightly painted buildings, buzzing harbour, museums and traditional restaurants, Santa Cruz is a great place to spend our final two nights.

Meals: **B L**

	Accommodation Hotel		Ascent 400M		Descent 1280M		Time 5 - 6 hrs walking		Distance 10KM
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DAY 7

Descend through enchanting forests of laurel to a secluded beach on the Anaga Peninsula.

After breakfast we transfer (40mins) to Chamorga to enjoy a second day of spectacular walking in the area of Anaga. Today's trail takes us through amazing thermophilic forest, a superb transitional zone with laurel forests on north-facing slopes and pines on southern ones. We'll also be walking in one of the most fertile valleys on Tenerife, an area where mango, avocado and papaya all grow in abundance. After Chamorga we ascend up the valley to the old abandoned hill town of Las Casillas (600m). Located on a spectacular ridge, Las Casillas offers some lovely examples of old rural architecture and superb views of the surrounding valleys. From here we make our way down to the ravine of Antequera, where if we are lucky we may spot some Anaga goats on our way to the beach. Today we'll enjoy a picnic lunch on the beach before boarding a boat back to Santa Cruz. This evening we'll meet up and enjoy a final dinner together and round off an unforgettable week.

*Food for thought: Tenerife has five major grape growing regions and wine is a staple on all dining tables. The island is home to the highest elevated vineyards in Europe and the largest wine producer in the seven Canary Islands. Rumour has it that there are enough grape varieties in the Canaries to keep the wine experts of the world busy for a very long time. The famed Suertes wines are made from vines planted on steep volcanic slopes. The reds are spicy peppery, whilst whites are brimming with flavours of herbs. Listan Blanco and Listan Negro are Tenerife's principal grapes and are both full bodied and definitely worth a try. When out in local restaurants don't hesitate to order the house wine. It may be stored in vats and siphoned off into an empty bottle or decanter, but don't let the rustic vessels put you off. You can order a litre, half, quarter or even just a glass to try. Ron miel or honey rum is a must try. Best served with ice, it is often enjoyed at the end of the meal. It's sweet, easy to drink and a nice way to end a meal. Due to the Canary Islands' links to South America and Cuba, a mojito is the island's favourite cocktail. Even if you wouldn't chose this at home, it's surprising how this zingy mix of rum, soda, lime juice sugar and mint is a perfect aperitif when on holiday.

Meals: **B L D**

	Accommodation Hotel		Ascent 150M		Descent 750M		Time 4- 5 hrs walking		Distance 6KM
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DAY 8

Departure day. A group transfer to Tenerife South is included.

Departure day. After a leisurely breakfast, there will be time to have a stroll and buy a few items for lunch to have once you arrive at the airport. Alternatively Tenerife South has good facilities including plenty of cafes, shops and restaurants. There will be a single timed transfer back to Tenerife South Airport in the early afternoon.

Meals: **B**

Holiday Information

What's Included

- A professional and qualified tour leader
- Single timed transfers on arrival and departure
- All accommodation as described
- Some meals as per the Meal Plan
- All land transport involved in the itinerary

What's not Included

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

Joining Arrangements & Transfers

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 our accommodation in Playa San Juan.

A single transfer from Tenerife South Airport is provided on Day 1 of the Land Only itinerary. This transfer will depart Tenerife South in the evening, meeting flights that arrive between 1730 and 1900.

On the last day of the Land Only itinerary, there will be a single transfer back to Tenerife South Airport. This transfer will arrive at Tenerife South Airport in time to check-in for flights departing after 1700.

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.

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Meal Plan

All breakfasts, 5 picnic lunches and 4 dinners are included.

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.

Breakfasts are continental in style with tea and coffee, orange juice, muesli or cereals and bread. Occasionally you'll come across eggs, plus jam, honey and cheese. On walking days we'll have a packed lunch which we'll carry with us and eat together at a suitable spot. These lunches will normally include a sandwich (meat/cheese), fruit and biscuits or cake. Occasionally during the week we may take lunch in a simple local restaurant. Evening meals are taken at the homestay in Chio and in local restaurants for the nights we are not in Chio. The Canary Islands has a great climate so it's not unusual that ingredients grow on them taste so fresh. You'll find tasty fruit and vegetables (potatoes, bananas, tomatoes and pumpkins) growing all year round. The tropical climate means you'll come across papaya and mango juicy. Don't forget the Atlantic Ocean brings a rich variety of local fish including parrotfish, grouper and corvina which is similar to seabass. If you don't mind trying something a bit unusual then cabrito al horno is roasted goat and incredibly popular.

Tenerife is home to a wide range of restaurants for all tastes and budgets. If you go to Puerto de la Cruz walk out of the main Plaza del Charco and along Calle San Felipe and you'll find yourself in the old fishing area known as La Ranilla. For many years visitors and residents alike have known that the restaurants along these narrow cobbled streets offer the very best fish, seafood, Canarian and Italian food. Simple local dishes include conejo en salmorejo (rabbit stew), gambas a la plancha (grilled prawns) or cherne con papas arrugadas y mojo (grouper with wrinkled, boiled potatoes and spicy sauce). You'll also find basa served with mango sauce or pork fillets in herb baked crust.

Vegetarians, pescatarians and special diets are still a little unknown on the Canary Islands, as this is primarily an area known for its meaty dishes. However, fish is in abundance, as are salads. You'll come across a variety of side dishes that can be mixed and matched to make a tasty main. Champinones are mushrooms usually lightly fried in olive oil and garlic, whilst berenjenas are tasty cooked aubergines. Other good choices are menestra which is a filling vegetable stew and delicious served when served with fresh bread. Look out for pimientos de padrón which are small grilled peppers sprinkled with rock salt and, of course the famous wrinkly potatoes. Vegan diets will find it a struggle in the Canary Islands as there is a lot of dairy and cheese on menus.

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 the first three nights, we stay in a family run finca just outside of Playa San Juan. Though the rooms are simply furnished, staying here is a great way to experience a traditional way of life on Tenerife. It also adds a great cultural contrast to the colonial architecture of La Laguna and bustling capital of Santa Cruz. Rooms at the finca in Playa San Juan have shared facilities, though rooms are not en-suite, there are adequate bathrooms to ensure comfort. The final 4 nights are spent in contrasting towns, UNESCO La Laguna (2 nights) and the capital Santa Cruz (2 nights). Here we use simple tourist hotels and both properties enjoy excellent central locations. Rooms in La Laguna and Santa Cruz are ensuite.

Accommodation is based on twin share. If you are travelling by yourself, you will be paired up with another single client of the same sex. Single rooms (for the last four nights only) 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.

Altitude

This holiday involves going to high altitude. During the course of your trip you will reach altitudes in excess of 3500 metres. This is not something that you should worry about; the human body is quite capable of adapting to a very wide range of altitudes, but it is important that we follow some simple rules in order to acclimatise successfully. Before coming on this holiday you should read the advice on [trekking at high altitude](#). You can also talk to one of our trekking experts if you have any concerns about altitude.

Spending Money

Approximately 200 - 250 Euros should be sufficient for miscellaneous expenses, including a reasonable amount of wine with meals, not included dinners and lunch on day 8 ATMs are available at the airport and in La Laguna and Santa Cruz. Credit cards can be used in La Laguna and Santa Cruz.

Baggage Allowance

We ask you to restrict your baggage to one main bag and a day pack of approximately 25-30 litres. As you will have to carry your own bags from the vehicle to the hotels (including possibly upstairs), we recommend packing light in a bag with wheels or a rucksack for this holiday.

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.

Flight payment

We sell this holiday on a Land Only basis and recommend that you book your flights to Tenerife South Airport. A group transfer from Tenerife South Airport to El Boilco in the Teno Mountains is included in the holiday price. Please refer to the 'Joining arrangements and transfers' section of the trip dossier for further details.

Flights SHOULD NOT be booked until you have received your booking confirmation and the trip is showing 'Guaranteed to Run' or 'Limited'.

If flying from the UK there are a number of low cost airlines to Tenerife. Note that there are two airports in Tenerife and you should book your flights to Tenerife South. Easyjet flights from Gatwick, Bristol, Newcastle and Manchester, Ryanair from Manchester, Thomson from Exeter and Manchester, Monarch from Birmingham, Stansted and Manchester plus Thomas Cook from Manchester work well with the arrival and departure transfer. Flights from other departure airports and with other airlines may require additional nights (at extra cost) in Tenerife. Click on the 'Flight information' link below for further information on booking low cost airlines. Alternatively if you would prefer to book a 'flight inclusive package' using scheduled airlines from the UK please contact our flights department for a quote. Whilst flight prices are likely to be more expensive you will benefit from full financial protection.

General Information

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.

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. Tenerife has its own micro-climate with the South of the island being barren and dry, whilst the North has an abundance of lush vegetation, rich flora and beautiful forest. Tenerife is the most varied of the Canary Islands with five different climate zones – desert, scrub, pine, laurel and dragon. During the period from September to March, we can expect daytime temperatures ranging from 16 to 24 degrees Celsius, becoming progressively cooler as we gain height in the mountains. Daytimes will be pleasant for walking but evenings can appear chilly so remember to bring a few items of warmer 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 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 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

- Tenerife The Mini Rough Guide - Christian Williams
- The Marco Polo Guide to Tenerife
- The Real Tenerife: The Insiders' Guide - Jack and Andrea Montgomery
- Dog Days in the Fortunate Islands: A New Life in Hidden Tenerife - John Searancke
- More Ketchup than Salsa: Confessions of a Tenerife Barman - Joe Cawley

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.

Equipment Information

Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum.

You should bring the following items:

- Hiking boots (with a strong sole and ankle support)
- Socks
- Trekking trousers
- Thermal / base layer
- Lightweight waterproof overtrousers
- Underwear
- T-shirts and/or casual shirts
- Fleece jacket or similar
- Waterproof jacket
- Lightweight thermal gloves
- Warm hat

- Sunhat
- Eyewear - sunglasses
- Daypack 25 - 30 litres
- Headtorch
- 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
- Swimwear and a small towel
- Small padlock (to lock your luggage)
- Basic First Aid Kit including: Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters (band-aids) and blister treatment, insect repellent, and re-hydration salts (Dioralite).

The following items are optional:

- Trekking poles (highly recommended)
- Trainers or sandals
- Shorts
- Camera and batteries
- Penknife (for picnic lunches)
- Microspikes (eg Kahtoola or Grivel Spiders). These are recommended for departures from November to March to cross sections of hard snow and ice that may be encountered on Mount Teide.
- 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 the group accommodation at Play San Juan. A single timed transfer from Tenerife South Airport is provided. The holiday ends in Santa Cruz a single timed transfer back to Tenerife South Airport will be provided.

Why Choose KE

Why KE

This Exclusive to KE holiday takes you on a spectacular walking adventure across Tenerife. Stand on the summit of volcanoes, before walking off the beaten track to secluded coves and beaches in the beautiful region of Anaga. KE takes you to Teno Lighthouse, Anaga and Teide which is exactly where Lonely Planet recommended a Hidden Tenerife

Please Note This document was downloaded on 20/05/2024 and the trip is subject to change