

# Walking on Tenerife

Trip Code: SGTN

Version: SGTN Walking on Tenerife



WALK & TREK



SELF-GUIDED



MODERATE



## HIGHLIGHTS

- Hike beneath mighty Mount Teide and to mountain top villages
- Discover the picture perfect village of Masca on the Kings Path
- Swim in the natural volcanic pools of Garachico
- Walk along mountain ridges in the Teno Mountain Range accompanied by breathtaking panoramas across to neighbouring La Gomera

## AT A GLANCE

- Self-Guided
- 6 days walking and sightseeing
- Luggage transfer
- GPS travel app
- Friday / Saturday / Sunday departures
- Join at Garachico / End in Vilaflor

## ACCOMMODATIONS & MEALS

- 7 Breakfasts
- 1 Dinner
- 7 nights Hotel

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

# Introduction

Tenerife, an island of colour and contrasts waiting to be discovered a new, time and time again. There is much more to this Canary Island than sun-kissed beaches and imposing Mount Teide, and we can hardly wait to share its beauty with you on this one-week self-guided walking holiday. You will traverse the awe-inspiring ridges of the Teno Masif, hike along the King's Trail, and delight in the kaleidoscope of colour of the exuberant endemic flowers of this spectacular island. Staying in a fantastic selection of 3-star and 4-star hotels on a bed and breakfast basis, you can take joy in sampling the many restaurants on offer, or perhaps visit one of the modest 'guachiniches' for an authentic taste of the Canaries.

You will spend two nights in the historic coastal town of Garachico, where you can end your day hiking with a dip in the town's unique natural pool and feast on freshly caught seafood, before leaving the hustle and bustle behind in favour of the traditional hillside town of Santiago del Teide. When you have soaked up the atmosphere you will return to the buzz of the coast for a couple of nights before ending your trip on a high, for more mountain charm with a night in Spain's highest village, Vilaflor. Set out on this fantastic self-guided hiking holiday and discover the many contrasts of Tenerife for yourself.

## Is this holiday for you?

This trip is ideal if you are looking to escape for a week of challenging walking in the warmth of the sun at any time of year. Walking an average of 5-6 hours and ascending no more than 1,000m per day on often rocky paths, your routes will take you along breathtaking ridgelines, into gorges, to traditional villages, and beneath the mighty Mount Teide. We have specially designed this trip to showcase the variety of landscapes Tenerife has to offer and allow you the opportunity to experience this fantastic island afresh. Staying in 3-star and 4-star hotels in a mixture of popular tourist resorts and hilltop towns, you will have the perfect opportunity to experience both the hustle and bustle of the coast, as well as the traditional Canary way of life.

# Itinerary

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## DAY 1

### Arrive in Garachico, settle into your hotel and explore the old town.

Arrive in Garachico, one of the most picturesque and historic towns on Tenerife, and take stroll through its traditional old streets or a dip in the natural lava rock pools where a prominent port once stood. The once bustling port, which the town was built around, was destroyed by the flowing lava of Montana Negra's 1706 eruption and has left behind inviting natural swimming pools for you to enjoy. Whilst the volcano may have destroyed the port it has assisted in preserving the towns Canarian character from mass tourism, allowing you the perfect start to your trip and a true taste of Tenerife.



**Accommodation**  
Hotel

## DAY 2

### Discover the multicolours of Tenerife's lush flora against the lava flows and swim in the natural pools of Garachico.

Today's walk is the perfect introduction the contrasting landscapes of Tenerife. Feeling refreshed you will head out of town along historic paths over the lava flows, a contrast to the lush flora and fauna to come later today. You will soon reach today's challenge as you tackle a steep ascent to Ermita de San Francisco perched high above Garachico where your efforts are rewarded with stunning vistas along the entire northern coastline and out across the Atlantic Ocean. You will have opportunity to enjoy a coffee in San Juan del Reparo before beginning your descent across the fertile landscape of cacti and agaves punctuated with colourful flowers as you make your way back towards the coast. Arriving back in Garachico you can end your day with a delightful dip in the natural pools before dinner on of the towns inviting restaurants.

Meals: **B**



**Accommodation**  
Hotel



**Ascent**  
990M



**Descent**  
990M



**Time**  
5-6 hours



**Distance**  
14KM

## DAY 3

## Explore the tranquillity of the Teno-mountain range and discover the traditional village of Santiago del Teide.

The contrasting landscapes continue today, as make your way from the rocky coast to the traditional town of Santiago del Teide, where it isn't unusual to see elderly women of the village dressed in their habitual black skirts, blouses and straw hats, or elderly men in their felt fedoras. Your route today will take you through dramatic remote gorges, farmlands and laurel forests as you make your way to the tranquillity of the mountain villages; first arriving in the quaint village of Erjos where you can enjoy a morning refreshment. You continue on along alpine paths through the beautiful Teno-mountain range, a paradise for flora and fauna enthusiasts. Reaching your final goal, Santiago del Teide, you will have time to relax before enjoying the local cuisine in one of the nearby restaurants.

Meals: **B**

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	<b>Accommodation</b> Hotel		<b>Ascent</b> 990M		<b>Descent</b> 250M		<b>Time</b> 5 hours		<b>Distance</b> 10KM
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### DAY 4

## Transfer to the Teno Massif and hike through the captivating landscape with views to the neighbouring Canary islands.

Feeling refreshed, today begins with a picturesque transfer through farmlands and past grazing goats to the start of today's hike. Today's circular route is one filled with breath taking vistas as you explore the Teno Massif, first ascending a mountain ridge accompanied by marvellous panoramic views of the Barrancos below and towards the volcanoes to the west of Teide. Having caught your breath you continue along the ridge to the popular Tabaiba pass and along a stunning high altitude path from where, you can enjoy extensive views of the west coast, the mighty Masca Gorge with its black rock formations, and, on a good day, you may even see La Gomera in the distance. Passing the two Gala Peaks you return to the welcome of Santiago del Teide and your hotel for a relaxing evening after a great day on the trails.

Meals: **B**

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	<b>Accommodation</b> Hotel		<b>Ascent</b> 900M		<b>Descent</b> 800M		<b>Time</b> 5 hours		<b>Distance</b> 11KM
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### DAY 5

## Descend to Los Gigantes on the Kings Path taking you from hill top villages to the Atlantic coast.

Leaving your hotel you head straight onto the trail today as you follow the Konigs path (Kings Path) down to the lovely coastal town of Los Gigantes, with its 450m high cliffs and fantastic lava beaches below



waiting for you to explore. The charming Königs path will take you through contrasting landscapes from terraced fields, luna landscapes to a viewpoint for fabulous coastal views and through pretty villages where you can enjoy a coffee along the way. Arriving in Los Gigantes you will have plenty of time to explore the beaches, take a stroll along the harbour and perhaps enjoy a swim in the pool or roaring Atlantic Ocean.

Meals: **B D**



**Accommodation**  
Hotel



**Descent**  
850M



**Time**  
2-3 hours



**Distance**  
9KM

## DAY 6

### Walk along ancient bridle paths accompanied by stunning views to Vilaflor, nestled beneath the famous Teide Massif.

After a breakfast you will transfer to the nearby resort Adeje from where you will begin today's walk. Your route will follow ancient bridle ways, once the only way to transport goods across the remote mountainous terrain. As you make your way alongside scenic terraced farmlands and forests you are accompanied by panoramic views. Your route continues leading you high above the Barranco del Infierno (Hell's Ravine) towards Ifonche with its unique rock formations known as 'roques' to your final goal of the day- Vilaflor. Nestled below the mighty Teide massif this pretty town is steeped in Guanche history and makes the perfect place to unwind at the end of the day. In the evening take a stroll along the flower lined streets into the lovely square to enjoy dinner in one of the welcoming restaurants.

Meals: **B**



**Accommodation**  
Hotel



**Ascent**  
750M



**Descent**  
300M



**Time**  
5-6 hours



**Distance**  
14KM

## DAY 7

### Hike through the famous Mount Teide National Park and discover its spectacular lunar landscapes.

Your final walk of the week takes you on a journey through the lunar landscapes of the famous Mount Teide National Park. This is a walk in which to let your imagination run wild as you hike amongst the bizarre sand stone formations created by lava, sand, wind and weather. Perhaps some of nature's best art work! Yet another of Tenerife's contrasting and surprising landscapes these fascinating formations are an amazing contrast to the black volcanic rock you have explored in the last few days. Finishing your walk back in Vilaflor you can raise a toast to a great week's hiking in one of the inviting bars of Spain's highest town.

Meals: **B**



**Accommodation**  
Hotel



**Ascent**  
600M



**Descent**  
600M



**Time**  
4-5 hours



**Distance**  
13KM

## DAY 8

### Departure Day.

Enjoy a relaxed breakfast and a final stroll through the streets of Spain's highest town before making your onward journey.

Meals: **B**

# Holiday Information

## What's Included

- All accommodation as described
- Meals as described in the Meal Plan
- Self-guided information pack containing your map and route notes
- Luggage transfers
- 1 boat transfer Playa de Masca to Los Gigantes
- Other transfers as described in the itinerary
- Welcome briefing
- Navigation App and GPX tracks available

## What's not Included

- Travel insurance
- Travel to Garachico
- Travel from Vilafor
- Visas (if applicable)
- Tourist taxes may apply and are usually under 5 Euros per person per night
- Some meals as described in the Meal Plan
- Local public transport outside any listed in the program
- Personal equipment
- Any additional activities/excursions indicated as optional

## Your Self-Guided Pack & Route Notes

Each self-guided holiday comes with comprehensive route notes and a map or pocket guidebook of the area you are exploring. The route notes contain information about the places you will visit and the local transport you might need, along with the detailed route notes for your daily walks or cycle rides. We even include some tips for the best places to stop for lunch.

You can expect to receive your Self-Guided Pack containing your route notes, a map or guidebook, and all your relevant documents, no later than 3 weeks before your holiday start-date. We will send your documents using a signed-for courier so that you can track your package and know that it is safely on its way to you. For bookings of more than 4 people we will send an additional Self-Guided Pack. If you do not need this additional pack please inform our Sales Team. Your pack will be sent to the lead booker, so please remind them to pack it before setting off.

Should your self-guided trip be part of a longer adventure requiring you to leave home more than three weeks before your holiday start-date, please inform our Sales Team so that we can make alternative delivery arrangements.

## GPS Travel App

This holiday includes a GPS navigation app, which contains the routes for you to follow each day, as well as attractions, coffee stops and points of interest along the way. The app does not need to have Wi-Fi connection to work, you simply follow the instructions we provide you to download the app to your personal smartphone device before you leave home and you are ready to go.

While the travel app is running, your phone battery charge can be consumed faster than normal, so we strongly recommend that you pack a power bank with you just in case you require it.

## Self-Guided Families

Our Self-Guided Holidays are perfect for your next family holiday and are suitable for children of all ages.

Our partner hotels and accommodations are able to provide cots for young children, and some offer family rooms. We can also arrange hire of children's bikes and tag along bikes for most of our self-guided cycling trips and with trips such as Lake Constance and the Danube offering routes on designated cycle paths you can rest assured in keeping your family safe.

As a parent we trust that you know your own child's capabilities, so please read the itinerary details to ensure the distances covered each day are suitable for your family. If this is a first time walking or cycling holiday for your family, a centre-based trip is a fantastic option as it allows you to easily opt out of a day's walking if a day of building sand castles, swimming in the pool, or visiting museums is calling instead.

Please discuss this further with our Sales Team who will be happy to assist in picking the best trip for your family.



## Joining Arrangements & Transfers

Your trip starts at your hotel in Garachico. All of our self-guided holidays are sold on a Land Only basis, allowing you the flexibility to choose the travel method that best suits you. The nearest international airport for this trip is Tenerife South Airport, served with many departures from UK regional airports.

If you are flying to Tenerife South Airport you can travel via public transport to Garachico - the journey takes approximately 2.5 to 3 hours by bus: either the 40 (direct) / the 343 (direct) / or the 711 to Costa Adeje with a change in Costa Adeje onto the 460 to Mirador de Garachico. You can find the latest information via the Rome2Rio website [www.rome2rio.com](http://www.rome2rio.com) or at [www.titsa.com](http://www.titsa.com).

On arrival in Garachico you will leave the bus at the bus stop outside the Mirador de Garachico restaurant. From here your hotel - the Hotel La Quinta Roja - is located just 60m along the street (C. Francisco Martínez de Fuentes).

You can pay for bus journeys by cash or by card. You can also buy a travel card with a validity for 1 day, 7 days, or unlimited usage. Tickets and travel cards can be purchased at the airport or at a Titsa bus station or kiosk. Alternatively you can pay using your mobile phone using the app 'ten+ Móvil'.

For more information please visit [www.rome2rio.com](http://www.rome2rio.com) or [www.titsa.com](http://www.titsa.com). Alternatively, it is possible to arrange a private transfer - please speak to one of our Sales Team for more information.

The trip ends in Vilafor. It is possible to return to Tenerife South Airport via public bus - the journey takes approximately 1.5 hours. For more information please visit [www.rome2rio.com](http://www.rome2rio.com) or [www.titsa.com](http://www.titsa.com).

We can also arrange additional nights' accommodation before or after your self-guided trip, or you may even wish to make this trip part of a bigger trip of your own, or pair it with one of our other holidays - just ask our Sales Team for details.

## Meal Plan

This trip is on a bed and breakfast basis to allow you the most flexibility during your holiday. We have also included dinner at your hotel on day 5.

## Food & Water

Water from the taps is perfectly drinkable on this holiday - please use this to fill your personal bottles for your daily activities. We do not encourage the purchase of single-use plastic bottles.

Cuisine in the Canaries filled with tradition and fresh local produce, with recipes being handed down through generations. It is these traditions which have formed the delicious mix of cuisine which blends its Spanish roots with African and South American influences. A staple on any menu is the tasty Papas Arrugadas; small locally grown potatoes which are boiled in extremely salty water giving the skins a somewhat wrinkly appearance served with the traditional Mojo sauce (and every restaurant claims to have its own secret recipe). As you would expect from an island, seafood features heavily in the Canarian diet, from Puntillas de Calamar (fried baby squid) to Pescado a la Plancha (fish of the day simply grilled and incredibly tasty).

## Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for 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 meals 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

We have hand-picked a great selection of 3-star and 4-star hotels for you on this trip, all chosen for their fantastic locations and warm hospitality. Each hotel offers comfortable bedrooms, and lovely communal areas including a restaurant and bar area, and a great buffet breakfast to fuel you on your hikes - and some also have a pool where you can cool off after a day on the trails.

It is also possible to arrange additional nights' accommodation in Garachico or Vilaflor before or after your trip, if you would like to explore this fabulous island a little more - just ask our Sales Team for details.

## Baggage Allowance

Your main luggage will be transferred between each of your hotels while you are out walking. We ask that you please ensure that each piece of your luggage is under 20KG and that your luggage is ready for collection in the morning on the day of each hotel change. You will also need a daypack to carry your daily essentials with you whilst you are walking.

# General Information

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## Passport & Visas

**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.

For other nationalities, please refer to your own Government website for the latest information.

**It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates** (see *Health & Vaccinations below*), **and visas for your holiday**. Please ensure that you check the [FCDO](#) for the latest advice for **each country visited** before travel.

## Health & Vaccinations

### 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.

### Severe Allergies

Please inform our KE Sales and Support team of any severe allergies you may have before travel. We will always do our best to help but we are unable to guarantee an allergy free environment on our KE trips. We advise that you always carry your own treatment for the allergy with you such as 'adrenaline auto-injectors' if required. We also recommend that you discuss this with your accommodation on arrival so that they can better assist you.

### Currency

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

## Preparing for your Holiday

The advantage of a self-guided walking holiday is that you decide the pace however, getting some additional exercise before coming on an active holiday makes a lot of sense. The fitter you are, after all, the more enjoyable your walks will be. You should be comfortable with walking 5 to 6 hours for consecutive days on rugged paths. Some of the routes are along the coast and require a head for heights and some surefootedness (please see detailed itinerary).

## Climate

The islands of the Canaries are a year-round holiday destination with what is often described as eternal spring conditions with temperatures ranging between 16 in the winter to 25 in the summer.

Tenerife has its own micro-climate with the South of the island being 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. On this trip you can look forward to experiencing these contrasts as you begin in the north of the island and make your way south throughout the week.

## 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 before travel, all KE clients visit the official UK Government website at [travelaware.campaign.gov.uk](https://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](https://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 directly 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

## Self Guided Equipment List

- Hiking boots with good-grip soles
- Hiking socks
- Long / short hiking trousers
- Functional base layer top and leggings
- T-shirts
- Fleece / extra warm layer
- Windproof jacket
- Waterproof jacket

- Waterproof trousers
- Hat, gloves, and neck gaiter
- Sunscreen
- Sunglasses
- Sunhat
- Small first aid kit inside your rucksack
- Water bottle or hydration pack
- Mobile Phone (ensure your data package covers your destination)
- Power bank
- Waterproof phone cover
- Camera (and batteries / memory card)
- Reusable sealable picnic boxes for picnics
- Reusable cloth bag for shopping to avoid the use of plastic bags
- Walking poles
- Headtorch with spare batteries
- Personal wash kit
- Your self-guided route notes
- Rucksack (approx. 20L)

## Land Only Information

Please note that our 'from' price listed is based on 4 persons on twin or double occupancy, however we can quote for any number of travellers including solo travellers - contact our Sales Team for a quote.

This trip is available for departures on Fridays, Saturdays, and Sundays throughout the dates listed.

All of our self-guided holidays are sold on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. You may even wish to make this holiday part of a bigger adventure or pair it with one of our other holidays. We can arrange additional nights' accommodation before or after your self-guided trip - please ask our Sales Team to find out more about this.

Our Sales Team will be happy to provide you with a quote for scheduled flights, or alternatively you may wish to book your own flights with a low cost carrier from your nearest regional airport.

Please DO NOT book your flights before you have received your booking confirmation and your deposit has been taken.

We offer some transfers to your accommodation from the nearest airports - please refer to the 'Joining Arrangements & Transfers' section for further details for this trip.

## Why Choose KE

### Why KE?

We have specially created this holiday to provide you with a true taste of Tenerife. With the perfect mix of accommodation on the coast and in hilltop towns, and with walks over lava flows, through Laurel forests, and Mount Teide National Park, you are sure to fall in love with Tenerife.

**Please Note** This document was downloaded on 13/07/2025 and the trip is subject to change