Walking on Tenerife

Trip Code: SGTN

Version: SGTN Walking on Tenerife

WALK & TREK	SELF-GUIDED	MODERATE
		5

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 Mountains accompanied by breathtaking panoramas across to neighbouring La Gomera

AT A GLANCE

- 6 days walking and sightseeing
- 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 full of colour and contrasts, is waiting to be discovered a-new. 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 Mountains, hike along the King's Path and delight in the kaleidoscope of colours provided by this spectacular island's exuberant endemic flowers. Staying in a selection of fantastic 4-star hotels on a bed and breakfast basis and with dinner included on Day 5, you can also enjoy sampling the many local restaurants or perhaps visit a rustic, informal 'guachinche' for an authentic taste of the Canaries.

You will begin with two nights in the historic coastal town of Garachico, where you can end your day of hiking with a dip in the town's natural pools and feast on freshly caught seafood, before swapping the hustle and bustle for the traditional hillside town of Santiago del Teide where you will spend the next two nights. When you have soaked up the atmosphere here, you will return to the buzz of the coast for a night before ending your trip immersed in more mountain charm with two nights at Spain's highest village, Vilaflor. Embark on this fabulous 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, often on rocky paths, your routes will take you along breathtaking ridgelines, into gorges, to traditional villages, and beneath the mighty Mount Teide. We have designed this trip to showcase the variety of landscapes Tenerife has to offer and give you the opportunity to experience this fantastic island afresh. Staying in lovely 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 Canarian 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 town's Canarian character, giving you the perfect start to your trip and a true taste of Tenerife.

Accommodation
Hotel

DAY 2

Admire the colourful contrasts of lush flora and lava flows, and swim in Garachico's natural pools.

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 (Saint Francis' Chapel), 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 the opportunity to enjoy a coffee in San Juan del Reparo before beginning your descent across a 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 here before dinner at one of the town's inviting restaurants.

Meals: **B**

Accommodation
Hotel

Ascent
960M

Descent
970M

Time
6 hours

Distance
15KM

DAY 3

Explore the tranquil Teno Mountains and discover the traditional town of Santiago del Teide.

The contrasting landscapes continue today, as you make your way from the rocky coast to the traditional town of Santiago del Teide, where it isn't unusual to see the local elderly women dressed in their habitual black skirts, blouses and straw hats, or elderly men in their felt fedoras. After taking the local bus to Los Silos, you will walk through dramatic remote gorges, farmlands and laurel forests as you make your way to the tranquillity of the mountain villages. You arrive first at the quaint village of Erjos where you can enjoy a morning refreshment before continuing along alpine paths that lead you through the beautiful Teno Mountains, a paradise for flora and fauna enthusiasts. Finally you reach today's goal, Santiago del Teide, where you will have time to relax before enjoying the local cuisine at one of the nearby restaurants.

Meals: **B**

Accommodation	Ascent	Descent	Time	Distance
Hotel	1030M	200M	5 hours	10KM

DAY 4

Transfer to the Teno Mountains and hike through captivating landscapes with views to the neighbouring Canary Islands.

Feeling refreshed, you begin your day with a transfer through picturesque farmlands, passing grazing goats, to the start of today's hike. Enjoy the numerous breathtaking vistas this circular route has to offer as you explore the Teno Mountains. First you'll ascend a ridge, accompanied by superb panoramic views of the Barrancos (ravines) 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 the stunning high-altitude path that leads to the remote mountain village of Masca. En-route 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 the island of La Gomera in the distance. Finally you hop on the local bus to return Santiago del Teide and your welcoming hotel for a relaxing evening after a great day on the trails.

Meals: **B**

Accommodation	Ascent	Descent	Time	Distance
Hotel	690M	630M	5 hours	12KM

DAY 5

Descend to Los Gigantes on the King's Path, taking you from hilltop villages to the Atlantic coast.

Leaving your hotel, you head straight onto the trail today as you follow the King's Path down to the lovely coastal town of Los Gigantes, whose 450m-high cliffs and fantastic lava beaches are waiting for you to explore. The charming King's Path takes you through contrasting scenes of terraced fields, lunar landscapes, viewpoints with fabulous coastal views and through pretty villages where you can enjoy a coffee. Arriving in Los Gigantes, you will have plenty of time to take a stroll along the harbour, explore the beaches, and perhaps enjoy a swim in the roaring Atlantic Ocean or in your hotel's pool.

Meals: **B D**

Accommodation Hotel | **Descent** 840M | **Time** 2-3 hours | **Distance** 9KM

DAY 6

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

After breakfast you will be transferred to the nearby coastal resort of Adeje, from where you will begin today's walk. Your route follows the ancient bridle paths once used to transport goods across the remote mountainous terrain. As you walk, you can enjoy lovely views of the forests and terraced farmlands that line your route. Continuing, you ascend high above the Barranco del Infierno (Hell's Ravine) towards Ifonche with its unique rock formations known as 'roques', to your goal for the day - Arona. From here you will be transferred to Vilaflor, your home for the next two nights. 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 your day. In the evening take a stroll along flower-lined streets into the lovely square and enjoy dinner at one of the welcoming restaurants.

Meals: **B**

Accommodation Hotel | **Ascent** 780M | **Descent** 490M | **Time** 6 hours | **Distance** 15KM

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 circular journey through pine forests and the striking white lunar scenery of the famous Mount Teide National Park. Let your imagination run wild as you hike amongst the bizarre sandstone formations created by lava, sand, wind and weather - perhaps some of

nature's best artwork! Yet another example of Tenerife's surprising landscapes, these fascinating features offer an amazing contrast to the black volcanic rock you have explored in recent days. Descending on a mixture stony paths over the volcanic rock, forest roads and paths through the Corona Forestal nature reserve, you finally hike through the fields to finish your walk back in Vilaflor. Now it is time to head to one of the inviting bars and raise a toast to an excellent week of hiking!

Meals: **B**

Accommodation	Ascent	Descent	Time	Distance
Hotel	640M	590M	4-5 hours	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
- 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 by 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 or at 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 or 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 by public bus - the journey takes approximately 1.5 hours. For more information please visit www.rome2rio.com or www.titsa.com.

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.

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.

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.

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

Accommodation

We have hand-picked a great selection of 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 before or in Vilaflor 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

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.

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 be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

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.

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 going on an active holiday makes a lot of sense. After all, the fitter you are, the more enjoyable your walks will be. You should be comfortable with walking for 5 to 6 hours for consecutive days on rugged paths. Some of the routes are along the coast and require a head for heights as well as surefootedness (please see detailed itinerary). We suggest that you try to fit in a number of daily walks in hilly countryside before your trip, and it is always a good idea to spend some time walking in the footwear you are going to use on this holiday.

Climate

The Canaries Islands are a year-round holiday destination with what is often described as 'eternal spring' conditions, with temperatures ranging between 16 degrees Centigrade in the winter and 25 degrees Centigrade 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 and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

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.

When considering your travel dates, you might like to investigate any seasonal opening times of attractions and points of interest.

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 give you the 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 the lunar landscapes of Mount Teide National Park, you are sure to fall in love with another side of Tenerife.

Please Note This document was downloaded on 14/11/2026 and the trip is subject to change