

Self-Guided Walking on Lanzarote

Trip Code: SGLZ

Version: SGLZ Self-Guided Walking on Lanzarote



WALK & TREK



SELF-GUIDED



LEISURELY



HIGHLIGHTS

- Watch the island come alive at Timanfaya National Park
- Immerse yourself in the tranquillity of neighbouring island la Graciosa
- Walk through the wild landscapes of Los Ajaches National Park and the lush Valley of 1000 Palms
- Swim in the inviting waters and relax on quiet beaches along your walks

AT A GLANCE

- Self-Guided
- Hire Car Included, 6 days walking and sightseeing
- Daily departures available
- Join at Arrecife

ACCOMMODATIONS & MEALS

- 6 Breakfasts
- 7 nights Apartment

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

Introduction

The intriguing UNESCO biosphere reserve of Lanzarote is a destination you cannot help but fall in love with. Known as the 'Island of Eternal Spring' it has much to offer; with its unique geology of 300 volcanic cones not only offering other worldly landscapes but its fertile soils giving life to the lush green 'Valley of 1000 Palms', manicured vineyards and farmlands. On this one week self-guided holiday you will discover the islands many landscapes on foot, including reaching Penas de Chache; the islands highest point for unforgettable views. Plus, we have ensured you will have plenty of time to enjoy the island's many beaches and secluded coves whether you prefer to take a dip in the turquoise waters or relax in the sun with a good book.

You will stay on a B&B basis in a 3* apartment on a complex in a quiet part of Costa Teguse, offering a fantastic balance of facilities with the freedom of having your own space. You will also take the ferry to the neighbouring island of la Graciosa. The most recent addition to the Canary Islands this little island is an experience not to be missed; with just 721 residents, unpaved roads, fantastic scenery and virtually empty beaches this is a treat not to be missed. In addition to the fantastic hikes we have also included car hire in the cost of your trip, meaning your exploring doesn't have to stop with the itinerary provided and giving you ultimate flexibility on your holiday.

Is this holiday for you?

We have specially designed this holiday with flexibility in mind, allowing you the opportunity to make the most of your holiday time and all this sunny island has to offer. We have included car hire in the cost of your trip too, so that you can have even more freedom. Simply ensure the chosen driver within your party is over 25 years of age and held a full valid driving licence for at least one year. Your walks will take you along the coast, on top of calderas and through lush valleys with an average walking time of 3-5 hours per day. Orientation is generally easy, however not all routes are marked so we recommend having some basic map reading skills to help you along your way.

Itinerary

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DAY 1

Arrive in Arrecife, collect your hire car and explore Costa Teguisse.

Land in Arrecife, collect your hire car and make the short journey to your apartment in Costa Teguisse; your home for the next week. Driving through the town you will notice Lanzarote's distinct architectural style of low level buildings typically painted white, thanks to the island's famous artist and architect Cesar Manrique who lobbied to ensure sustainable development on the island and securing Lanzarote as a true gem.



Accommodation

Apartment

DAY 2

Explore the North of the Lanzarote for views to La Graciosa and the Guinate Valley.

You start your week with a choice of a longer or shorter route as you explore the northern tip of the island for spectacular views of the coastline, to neighbouring la Graciosa and Isla de Montana Clara, and the Guinate Valley with its immaculately cultivated terraces. Both walks initially follow the same route along the coast and upon the summit of the Los Helechos volcano to provide your first taste of this volcanic landscape before leading you on to a split in the routes with an option to return to your starting point.

If you are feeling energetic you can continue through vineyards to the small rural village of Ye where you can enjoy refreshments before ascending to Monte Corona behind the village for more panoramic views before making your way back towards your starting point.

17km / 550m ascent/ 550m descent/ 6 hours walking

Meals: **B**



Accommodation

Apartment



Ascent

375M



Descent

375M



Time

3 hours



Distance

7KM

DAY 3

Step into another world, a world of fire at Timanfaya National Park and ascend Caldera Blanca.

Today is a day of two parts to give you a true taste of the volcanic nature of Lanzarote and its neighbouring islands. In the morning you have the opportunity to immerse yourself in the fascinating volcanic geography of Lanzarote with a visit to the Timanfaya National Park (payable locally). Your visit will include a visit to the interpretation centre and take a bus tour through the park to transport you to another world; the land of fire. You will also have the option to enjoy lunch here where the restaurant cooks diner's food over the natural BBQ.

Leaving the Timanfaya National Park behind you, your afternoon walk will take you to explore one of the many calderas on the island where you can put your new found knowledge to the test. Your route will take you along the Camino del Islote to ascent Caldera Blanca for panoramas across the lava fields as you make your way around the rim and back to your starting point.

Meals: **B**

	Accommodation Apartment		Ascent 335M		Descent 335M		Time 3-4 hours		Distance 10KM
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DAY 4

Walk the neighbouring island of la Graciosa and explore its southern coast.

Your route today is on the small neighbouring island of la Graciosa allowing you to experience the tranquillity of this beautiful island. Leaving your car at the port town of Orzola you take the ferry across to la Graciosa. Your route will take you on a circular route in the south of the island taking in the southern coast and accompanied by great coastal views across to Lanzarote and the impressive Risco de Famara; a majestic 550m cliff protecting the town of Caleta de Famara below. You may even spot the odd kite surfer who often frequent the bay to practice their skills. Your route continues to ascend the volcano of Montana Amarilla for even more impressive views along the coast and across the little inhabited isle of la Graciosa. Returning to Caleta del Sebo you catch the ferry back to Orzola and return to your apartment in Costa Teguisse.

Meals: **B**

	Accommodation Apartment		Ascent 165M		Descent 165M		Time 4 hours		Distance 19KM
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DAY 5

Walk through the Valley of 1000 Palms and ascend Penas de Chache (672m) before discovering Teguisse.

After exploring Lanzarote's volcanic geography, its dramatic coastline and neighbouring island today you will discover yet another side to this fascinating island, as you make your way through the lush green 'Valley of 1000 Palms'. It is said this majestic valley of palms is a result of a tradition in the 17th and 18th century when islanders celebrated the birth of a child by planting a palm tree; one for a girl and two for a boy. Once planted nature took over with the Risco de Famara mountain range which borders the valley attracting the hydration needed to sustain the palms, creating an unexpected oasis on the island.

Starting in Haria, arguably the most beautiful village on the island, your route will lead you through this surprisingly green landscape to ascend Penas de Chache (672m), the highest point of the island, for far reaching views in all directions. After soaking up the views as you stand atop of the island you gently descent to Teguise, the historic capital of the island. Bursting with character Teguise has withstood skirmishes between the Christians and Moors and multiple pirate attacks and you will have plenty of time to discover its charm before returning to the coast for the evening.

 Accommodation Apartment	 Ascent 160M	 Descent 160M	 Time 3 hours	 Distance 11KM
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DAY 6

Discover South-Eastern Lanzarote on your final walk of the week.

Your final walk of the week is one to take your swimming costume with you as explore the south-eastern part of the island. You start your morning with a 30 minute drive to the small fishing village of Playa Quemada. You will have chance to enjoy a morning coffee in the village before setting off on your walk, heading inland through the wild volcanic landscape to ascend the summits for views over the green Yazia valley to the north-west . As you walk you will soon understand why this area has been classified for its natural geographic and paleontological wealth. From the tops you begin to make your way back to the coast where the rocky cliffs drop off into the blue waters below. As you make your way along the coastline back to Playa Quemada you will discover many secluded coves perfect for relaxing with a book before completing your walk and returning to Costa Teguise for your final evening to celebrate a great week of walking.

Meals: **B**

 Accommodation Apartment	 Ascent 420M	 Descent 380M	 Time 6 hours	 Distance 14KM
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DAY 7

Choose from three walks depending on your interests.

Your final day of the week provides you with three walks to choose from:

Revisit La Graciosa to explore the north of the island to discover the forgotten village of Pedro Barba and

the beautiful Playa de las Conchas beach; an ideal spot to stop and enjoy a swim in the clear blue ocean. After a quick dip and a relax on the beach you head inland ascending onto a plateau to a viewpoint before descending to take the ferry back to Orzola.

19km / 165m ascent / 165m descent

Explore the fascinating lava flows and tunnels from El Golfo to Playa el Paso on the North East coast of the island. Walking here the Timanfayaa national park meets the North Atlantic Ocean you can look forward to discovering lava arches and cliffs as you make your way to the intriguing green lagoon, so named thanks to the algae which have given it its vivid colour set against the black sand beach and lava cliffs.

6km / 180m ascent / 180m descent

Your final option is to visit Caleta de Famara, one of the most beautiful beaches on Lanzarote and a popular spot for surfing due its constant winds. You will have time to enjoy a coffee and watch the surfers ride the waves before setting off on your route passed San Juan to ascend Montana Cavera volcano where you will be rewarded with spectacular views.

8km / 200m ascent / 200m descent

Meals: **B**



Accommodation
Apartment



Ascent
640M



Descent
640M



Time
4-5 hours



Distance
9KM

DAY 8

Departure Day.

Enjoy a leisurely final morning on the island, take a final swim in the pool or stroll along the coast before making your way back to Arrecife Airport where you will return your car.

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
- Hire car

What's not Included

- Travel insurance,
- Travel to/from Lanzarote
- 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
- Personal equipment
- Return boat crossing to La Gracioca
- Any supplements connected to the car hire
- Fuel for the hire car
- Any additional transport
- 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, about 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 signed for courier so that you can track your package and know that they are safely on their 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 you set 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 do inform our sales team so that we can make alternative delivery arrangements.

Car Hire

Car hire is included in the cost of this trip and is supplied by our partner Avis.

The car type included on this trip is based on the number of passengers in your group. We include the following car types:

- Category A hire for solo travellers
- Category B hire for bookings of 2 passengers
- Category C hire for bookings of 3 to 4 passengers
- Category P hire for bookings of 5 passengers
- Category M hire for bookings of 6 to 7 passengers

Upon booking with us you will be asked to provide the name and driving license details of the person within your party who will be the designated driver for your group. It is important to note that the driver must be over the age of 25 years old and have held a clean licence EU/ UK driving license for a minimum of 3 years. It is possible to add an additional driver to the booking in resort for an additional fee.

Please note that the car hire office is open 07.00-21.00 daily and cars must be collected/ returned within these times. We ask that you take this into consideration when choosing your flights.

Please ensure you read the terms and conditions of the car hire www.avis.co.uk/TermsAndCondition

You can also find answers to frequently asked questions and further information regarding our self-guided holidays with car hire [here](#).

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 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, please read the itinerary details to ensure the distances covered each day are suitable for your family. If this is a first time walking holiday for your family, a centre based trip is a fantastic option as it allows you to easily opt out of a days walking if a day of building sand castles, swimming in the pool or visiting museums is calling.

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

The trip starts and ends at Lanzarote Airport. 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. The nearest airport for this trip is Lanzarote Airport with many departures from regional UK airports; it is also here where you will collect your hire car for the week.

Meal Plan

This trip is on a bed and breakfast basis with the exception of the evening on La Graciosa, which is on room only to allow you the most flexibility during your holiday.

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.

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). More surprisingly however, is the islands fantastic goat's cheeses, some of which have won international awards and the island selection of great wines to accompany your meal.

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

We have specially designed this trip on a bed and breakfast basis allowing you the opportunity to enjoy the many welcoming cafes and restaurants in Costa Teguisse or simply relax and enjoy an evening meal at your apartment. The apartments are situated at the quiet end of Costa Teguisse and come with an open-plan kitchen living room, ensuite bathroom and private balcony, perfect for relaxing with a good book. The apartments are part of a complex which includes a restaurant, bar, and swimming pool for relaxing after a busy day walking.

PLEASE NOTE: The hotel we use for this trip is an adult only hotel. For any family bookings we use an alternative hotel of the same standard. The hotel is located closer to the central coastal area of Costa Teguisse and is specifically designed for families.

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.

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

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.

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 4 to 5 hours for consecutive days.

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.

Lanzarote has its own micro-climate with the north being slightly windier and cloudier whilst the south is drier and warmer with approximately 2,500 hours of annual sunshine, while central Lanzarote has a moderate and stable climate. It is this fantastic climate which has made Lanzarote such a popular holiday destination, not just for those looking for sun, sea and sand, but for walking and cycling too. Not only that, but due to the sunny climate the island is home to over 600 plant species.

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

- Lanzarote Marco Polo Pocket Guide
- The Wind off the Small Isles - Mary Stewart
- Sandwiches in the Sun: The Extraordinary Truth about Life on a Spanish Island - Chris Herman
- Lanzarote & Fuerteventura Pocket Guide - Berlitz Pocket Guides

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

Self Guided Equipment List

- Hiking boots with good grip soles
- Functional base layer
- T-shirts
- Hat
- Windproof jacket
- Fleece / extra layer
- Long/short hiking trousers
- Hiking socks
- Waterproof Jacket
- Waterproof Trousers
- Rucksack (approx. 20 l)

- Small first aid kit for your rucksack
- Sunscreen
- Water bottle or hydration pack
- Camera (batteries/memory card)
- Mobile Phone (ensure your data package covers your destination)
- Power bank
- Waterproof phone cover
- Sun glasses
- Personal wash kit
- Reusable cloth bag for shopping to avoid the use of plastic bags
- Tupperware for picnics
- Walking poles
- Headtorch & spare batteries
- Your self-guided route notes

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

Please note our 'from price' listed is based on 4 persons in a 2 bedroom apartment, however we can quote for any number of travellers, including solo travellers, contact our sales team for a quote.

A hire car is included in the cost of this holiday. The chosen driver within your party MUST be over 25 years of age and held a full valid driving licence for at least 3 years. We cannot confirm your booking until we have received the name and driving licence number of the driver within your party.

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, ask our sales team to find out more about this.

Our sales team will be happy to provide you 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 note that the car hire office is open 07.00-21.00 daily and cars must be collected/ returned within these times. We ask that you take this into consideration when choosing your flights and ask that you DO NOT book your flights before you have received your booking confirmation and your deposit has been taken.

Why Choose KE

Why KE?

Experience the many landscapes of Lanzarote with KE, we have even incorporated a visit to the captivating island of la Graciosa. Car hire is included in the cost of your holiday.

Please Note This document was downloaded on 22/05/2024 and the trip is subject to change