An excellent short break trekking holiday taking you to the summit of Mount Teide (3718m) on the island of Tenerife

- Hike up Mount Teide the highest peak in Spain and the Canary Islands
- Follow dramatic volcanic trails on this fantastic walking weekend
- Spend a night in Teide National Park an official star gazing reserve
- Stay in the colourful capital of Santa Cruz and hilltop village of Chio

Spain, Canary Islands, Trek & Walk, 4 Days

1 night hotel, 1 night mountain hut / refuge, 1 night homestay, 3 breakfasts, 2 lunches, 3 dinners, max group size: 12, 2 days walking, max. altitude - 3718 metres

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE
Introduction

Dominating the stunning island of Tenerife in the Canary Islands, and officially the highest peak in Spain, the UNESCO World Heritage Site of Mount Teide is famed for its breath-taking national park, amazing lunar landscape, endemic flora, star gazing skies and incredible views of the surrounding Canary Islands. This fantastic adventurous weekend starts in the small hillside village of Chio with its timeless feel and views of the coast. Next we head to the Teide National Park and begin our ascent to the fantastically located Alta Vista Refuge 3260m for an overnight. Our trail snakes through a brightly coloured landscape dotted with volcanic boulders and beautiful fields of lava. Spending an evening on the shoulders of Teide ensures we catch the magnificent sunset whilst experiencing a night in an official Star Gazing Reserve. An early start the following morning ensures we stand on the highest point on the island (3718m) as the sun rises and the famed Teide shadow dominates the horizon. This in itself is a truly memorable experience. This adventurous short-break finishes in the capital of Santa Cruz where its pavement cafes are perfect for a spot of celebrating.

Is this holiday for you?

The two days of walking are moderately paced and typically 5 - 7 hours duration. As expected when hiking on a volcano, alongside the ascent and descents, we'll encounter loose rock and volcanic terrain. This holiday has been graded a 5 due to an overnight at altitude in the refuge at 3260m. For the two days spent in the Teide National Park and for the hiking to the summit of Teide you'll need to carry minimum personal items for one night. However as all bedding is provided you will not need to carry a large backpack. This holiday is suitable for regular hill or back-country walkers who are looking for an adventurous weekend with two consecutive days of walking.

(Please note that during the winter months of December, January and February, the weather can be unpredictable resulting in snow showers and strong wind. Occasionally, and at very short notice the national park authority closes the trails and refuge on Teide for safety reasons. If this happens the leader will organise an alternative walk through the spectacular Masca Gorge (4 hours) on day 2, whilst on day 3 the group will hike to the summit of Mount Guajara (2718m). Located in the Teide National Park, this impressive mountain offers a superb day of hiking (6 hours) and spectacular views of Mount Teide directly opposite. An alternative to the refuge accommodation will also be organised).

Holiday Itinerary

Day 1: Meet in Chio. A group transfer from Tenerife South Airport is provided.

The group will meet at Tenerife South Airport before a group transfer (30kms) to our accommodation in the village of Chio. The village is a typical Canarian village with a small square and lovely laid-back feel. Chio is off the tourist route so it's unusual to see other visitors here. Chio has a small church in the main-square and views of the sea. Tonight's accommodation is in simple, homestay-style accommodation dotted around the village with the main house used as a meeting place for the group. Some of the rooms were originally part of an 18th Century school which was owned by the Leopoldinas family. Tonight we'll have a briefing over dinner.

Day 2: Ascend to 3260m for an exciting overnight in the Alta Vista Refuge.
After breakfast we'll transfer (1hr) to the Teide National Park where we start trekking. The Parque Nacional de las Cañadas Del Teide was added to the UNESCO World Heritage list in 2007 and offers one of the most diverse ecosystems in the world. The entire park is spectacular and dotted with craters, vents and lava fields that create a beautiful kaleidoscope of colours. Our trail up to the refuge takes us through the heart of this incredible amazing lunar landscape. It's important we ascend at a slow pace to ensure we acclimatise fully. Staying in the refuge is a great way to see the magnificent sunsets and see the Teide pyramid shadow. Fingers crossed for a clear night to truly appreciate the amazing night sky. Teide National Park is an official Starlight Tourist Destination and Starlight Reserve due to its amazingly clear skies for over 300 nights of the year. The high altitude and proximity to the Equator saw it added to the UNESCO World Heritage Site by the Starlight Foundation, which aims to protect clear skies. Tenerife even has a law in place to control light levels in order to protect the perfect star-gazing conditions. We'll also get to enjoy the mountain at its quietest. After settling into our dormitory rooms, we'll have dinner. The refuge is managed by a hut manager and although bathroom facilities are basic, the building is kept extremely clean. It's usually an early night in preparation for a pre-dawn morning. We'll also be briefed by the leader to ensure we are fully prepared for our summit ascent.

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**Day 3: Sunrise hike to the summit of Teide (3718m). Transfer to the colourful capital of Santa Cruz.**

This morning we leave the refuge whilst still dark to ensure we reach the top of Pico Teide in time for sunrise. We use our head torches for the first 45mins to an hour. The ascent to the summit follows a zig zag path and is a gradual ascent which we'll walk at a slow pace to ensure we acclimatise properly. As we reach 3718m we stand on the highest point in the Canary Islands and the whole of Spain. There will be plenty of time for all important summit photos which will include the spectacular pyramid shadow of Teide - a real highlight of the weekend. Depending on visibility we should have superb views of the islands of La Gomera and La Palma. The route snakes through small snow fields and after enjoying a brief rest at the refuge, we head down on the final descent. As we reach the road we'll meet out transport for the transfer (1.30mins) to the capital of Santa Cruz. Tenerife's capital city is compact with brightly coloured buildings, a busy harbour and local restaurants, plus plenty of pavement cafes for relaxing and people watching. The city has a miniature Sydney-style opera house and a central fountain. On arrival we'll check-in to our hotel before heading out for dinner.

**Day 4: Departure Day. A single timed transfer to Tenerife South is included.**
Departure day. Today we’ll have a relaxing start and there will be time to explore the main square. Tenerife South Airport has good facilities including plenty of cafes, shops and restaurants for lunch once you arrive. There will be a single timed transfer back to Tenerife South Airport mid morning which aims to arrive at the airport around midday. This allows plenty of time to check-in for the majority of flights which depart after 2pm.

MEALS

Holiday Information

What's Included

• Professional English-speaking local leader
• Single timed airport transfers on days 1 and 4
• All accommodation as described in the trip dossier
• All meals
• All land transport involved in the itinerary

What's Not Included

• Travel insurance
• Tips for support staff and guide
• Miscellaneous expenses drinks souvenirs etc

Joining Arrangements & Transfers

A single timed transfer from Tenerife South Airport to the group accommodation in Chio is included. This transfer will depart in the evening at approximately 6.45-7pm. Just look for a KE Adventure signboard in the arrivals terminal. Alternatively if your flight doesn't fit in with the arrival transfer, then please contact the KE office and we can help you organise a private transfer. At the end of the holiday on day 4, a single group transfer will be provided from Santa Cruz to Tenerife South Airport. This transfer will depart Santa Cruz in the morning and aims to arrive at the airport around midday allowing enough time to check-in for the majority of flights departing after 2pm. A taxi from Santa Cruz to Tenerife South Airport costs approximately 60 Euros and the KE leader can assist with this. If your proposed flight schedules do not enable you to take advantage of the group transfers, please contact the KE office and we can book an excellent value private transfer.

Meal Plan

All meals are included in the holiday price from dinner on day 1 to breakfast on day 4.

Food & Water

Breakfasts are generally 'continental' in style, with tea and coffee, orange juice, museli and cereals, occasionally eggs, plus bread with jam, honey or cheese. For the two trekking days we will have packed lunches which we will carry with us and eat together at a suitable spot. These lunches will normally be a sandwich of meats or cheese, a piece of fruit and some biscuits or cake. Evening meals are taken in local restaurants, with a choice of food or we may have a set meal with vegetarian and meat options. There is usually a choice of dessert too. On the two day Teide trek we will have a simple meal prepared in the refuge. Cooking facilities in the refuge are basic but adequate and part of the holiday experience is staying at 3260m on the shoulders of Teide. A simple breakfast will be provided before walking down.
Many places on this holiday have drinkable water from the tap to fill your personal water bottles. Please check with the leader at the various locations. Please take purification tablets or a filter bottle (such as a Water-To-Go bottle) for days when drinking water out of the tap is not available. We do not encourage the purchasing of single use plastic bottles.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot provide special diets. Due to the nature 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

On Day 1 we use a traditional "casa" located in the charming village of Chio. Originally a public school and from the 18th Century, the house has wooden floors, antique style furniture and a Canarian courtyard. Rooms are on a twin-share basis with shared facilities, and although the rooms are not en-suite there are enough bathrooms to ensure comfort. On Mount Teide we spend 1 night in the superbly located refuge AltaVista. All rooms are dormitory style with bedding provided including comfy duvets and pillows. The refuge is part of the Teide experience and summit permits are permitted with an overnight. The final night is spent in the capital of Santa Cruz in a simple tourist hotel located in a pedestrian area close to the main shops, cafes and restaurants. Please note that there are a limited number of single rooms available for a supplement for the final night in Santa Cruz. Single rooms are not available on the nights of days 1 and 2.

Group Leader & Support Staff

The group will be accompanied throughout the holiday by a local English speaking leader.

Spending Money

Approximately 100 Euros should be sufficient for miscellaneous expenses, including a reasonable amount of wine with meals on days 1 and 3, plus lunch on day 4. If you are intending to buy expensive souvenirs, you should budget accordingly. ATMs are available at the airport and in Santa Cruz, whilst credit cards can be used in Santa Cruz.

Free KE Gift

We would like to give you a free gift as a way to say thank you when you book your holiday. Choose from exclusive KE branded t-shirts, caps, neckwarmers, trek bags* and more. Alternatively you can choose to make a £10 donation to the Juniper Trust Charity. You can make your selection in your MyKE account after booking. You will need to select your free gift at least 6 weeks before you depart and all items will be posted out at 5 weeks prior to departure. For all late bookings, we will endeavour to send your FREE gift to you before you travel, however this cannot always be guaranteed. Please visit our Free KE Gifts page for more details of all our KE Branded goodies on offer.

* A trek bag is not required for this holiday. You can however purchase a KE trek bag for £24.95. Delivery outside of the UK will be charged.
Baggage Allowance

We ask you to restrict your baggage to one main bag and a day pack of approximately 30-35 litres, which is large enough to accommodate the items you need for the overnight in the refuge. As you will have to carry your own bags from the vehicle to the hotels (including possibly upstairs), the KE trek bag may not necessarily be the best option for this trip. 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.

Recommended Outdoor Retailers

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 15% discount voucher from Cotswold Outdoor and other retailers.

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.

General Information

Passport & Visas

A passport with 6 months remaining validity at the end of your stay is generally required for visits to countries outside the EU. The information that we provide is for UK passport holders. Please check the relevant embassy or consulate for other nationalities. It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Visa requirements and charges are subject to change without notice. If you are travelling outside the EU you should have at least 2 blank pages in your passport for each country that you visit.

Health & Vaccinations

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. 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.

EHIC / Medical Cover

UK residents should obtain a free European Health Insurance Card (EHIC). This entitles you to state provided medical treatment, but is not a substitute for medical travel insurance which is still vital when travelling overseas.

Currency

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

Electricity Supply & Plug

We recommend you check if you require an adaptor for your electrical items at: http://www.worldstandards.eu/electricity/plugs-and-sockets/

Preparing For Your Holiday

This is a moderately-paced walking holiday but it does involve a fair amount of ascent and descent and it makes a lot of sense to spend some time before coming on any active holiday, getting some additional exercise. The fitter you are, after all, the more enjoyable you will find the experience. While regular hiking is the best preparation, any regular exercise (jogging, cycling, swimming etc.) is good for developing cardio-vascular fitness. Before setting off we recommend that you make time to fit in several 5 – 6 hour walks in hilly country.

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. When walking in area of Teide National Park and during our night at the refuge, we can expect the nights and early mornings to feel rather cold, especially until the sun rises. Daytimes will be pleasant for walking; however evenings can be chilly so remember to bring a few warmer items of warmer clothing.

Travel Aware

As a reputable tour operator, KE supports the British Foreign & Commonwealth Offices' '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 FCO 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 FCO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCO 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. We have pledged to AITO's Project Protect that 70% of our agents stop using single use plastic bottles.

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

Flight Information

Flight Inclusive Or Land Only?

On our website we display a UK Flight inclusive package price and Land only package price for the majority of our holidays.

Land Only Notes

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 Medano is included in the holiday price. Please refer to the 'Joining arrangements and transfers' for further details.

Flights SHOULD NOT be booked until you have received your booking confirmation and the departure 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 & Glasgow, TUI Airlines from Exeter, Humberside & 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.

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.
Why Choose KE Adventure Travel?

Operating since 1984, KE Adventure Travel has some of the most experienced staff in the business, with the proven ability to set up and operate a worldwide programme of adventures. Everyone has adventure travel at heart and joins at least one trip a year. It is this depth of experience that makes KE stand out from other adventure travel operators. When you contact KE, by phone or e-mail, or visit our office, you will find the help and advice you need, from someone who has actually done the trip and can give you the benefit of their first-hand experience.

KE can guarantee the very best in trip support, excellent food, a good standard of hotel and other accommodation, plus the back up of one of the most respected companies in the business. Client satisfaction is at the top of our agenda and almost 50% of our bookings each year come from repeat business. If you are looking for adventure then look no further than KE.

Group Tour Leaders

All of our holidays are accompanied by an experienced leader, some of whom have worked with KE groups for many years. Many are professional guides and instructors with an unrivalled knowledge of the areas in which they work. In many parts of the world, we recruit local guides with appropriate training and experience. In addition to having the technical skills to ensure your safety, KE expects its leaders to be active members of the group. A leader should be fun to travel with and ready to share with you their enthusiasm for adventure travel and their knowledge of the area. Alongside the group leader, there will be a local support crew, which could be just a driver, or a complete team of guides, drivers, porters, mule-herders and cooks. The hard work of our support crews, along with the fascinating insight they can offer into their local culture, is integral to providing you with the very best adventure travel experience.

Sustainable Tourism

Since we ran our first trip in 1984, we have been committed keeping the world's most beautiful places pristine by minimising our environmental impact. Recognising the fragility of the world's wilderness environments, we keep our groups small and operate according to a ‘Mountain Code’, which is provided to all groups, trek leaders, agents and staff. We make sure that our local staff are well treated and well paid, we respect indigenous cultures, take care to protect the environment of the places we visit and take every opportunity to make a positive contribution wherever we travel. Our philosophy of 'leaving nothing but footprints' has been integral to KE's approach right from the start over 30 years ago. In recognition of our efforts we are proud to have achieved the highest award of 5 Stars for Sustainable Tourism by AITO.

We continue to travel responsibly, and more information on our policy, practice, and specific projects can be found at www.keadventure.com, and on the website of our partner charity the Juniper Trust: www.junipertrust.co.uk. KE's Mountain Code is issued to our staff, trek leaders and overseas agents, and we recommend it to our clients, too!

Booking Your Holiday

The easiest way to make your booking is online. You will need to pay a deposit at the time of booking. This is normally £200 but for some holidays with special permit fees or internal flights, this may be more. The amount of deposit required for an individual holiday is given on the dates and prices page of the holiday. Late bookings will require full payment. We cannot confirm any booking until we receive your fully completed booking form.
Adventure Travel Insurance

It is a condition of joining any of our trips that you are insured against medical and personal accident risks (to include repatriation costs, air ambulance and helicopter rescue services). We also strongly recommend that you take out holiday cancellation insurance, as all deposits paid are non-refundable. Please ensure that your insurer is aware of your KE Adventure itinerary and can agree to cover the activities being undertaken. You will then need to advise us of your policy details and complete an Insurance Declaration Form.

CAMPBELL IRVINE DIRECT travel insurance is available to EU residents and will cover the majority of KE Adventure holidays. It has been designed to provide cover for activities normally excluded by other insurers such as trekking, mountain biking and climbing. Please note that certain activities may attract a higher premium. In addition ‘Campbell Irvine Direct’ cannot provide cover for KE climbing trips above 6000m. Cover for these can be obtained through either the British Mountaineering Council (BMC) or Snowcard.

TRAVELEX is a USA based insurer offering travel insurance, which can be used by US citizens and US residents only. KE recommends the "Travelex Select" package for our holidays. If your holiday involves using mountaineering equipment (ropes, harness or crampons), for climbing or glacial travel, you should consider the "Adventure Plus Pak" optional upgrade on the Travelex Select Plan. Please refer to the 'Description of Coverage' for a summary of the terms, conditions, exclusions and limitations of the applicable Protection Plan. This policy will also cover KE climbing trips above 6000m.

We hope that this trip notes has answered most of your questions.
Please feel free to contact us and speak to one of our experts.
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. Please be aware that you will be required to carry your bag to your room which in some cases may involve flights of stairs. Although this is the Canary Islands it can be quite chilly in the evening and you should bring some warm clothing.

You Should Bring The Following Items:

- Hiking boots (these should be sturdy with a good tread on the sole and with ankle support)
- Socks
- Trekking trousers
- Lightweight waterproof overtrousers
- Underwear
- Baselayer shirts (long sleeved and short sleeved)
- T-shirts
- Fleece jacket or similar
- Waterproof jacket
- Lightweight thermal gloves
- Warm hat
- Sunhat
- Eyewear - sunglasses
- Daypack c. 30 - 35 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
- Small padlock (to lock your baggage)
- 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
- Spare laces
- Penknife (for picnic lunches)
- Microspikes (eg Kahtoola or Grivel Spiders). These are recommended for departures from December 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)

Please note: This document was downloaded on 7 Sep 2019, and the trip is subject to change.