Trek to the summit of Teide (3718m) and walk along fantastic trails on this Tenerife walking holiday in the Canary Islands.

• Head up Mount Teide on a two day adventure and catch a summit sunrise
• Walk through mountains and ancient laurel forests in the Anaga Reserve
• Spend a night and star gaze in Teide National Park an official Starlight Reserve
• Follow superb coastal trails to secret coves and stroll along deserted beaches
• Soak up Canarian culture in colonial La Laguna and capital of Santa Cruz

Spain, Canary Islands, Trek & Walk, 8 Days

4 nights hotel, 1 night mountain hut / refuge, 2 nights homestay, 7 breakfasts, 5 lunches, 4 dinners, max group size: 12, 5 days walking, max. altitude - 3718 metres
Introduction

The colourful Canary Island of Tenerife is home to breath-taking walking and unspoiled nature. On this much loved island you'll discover meandering trails, secluded beaches, volcanic mountains, fascinating culture, rich history, beautiful flora and the spectacular volcano of Teide (3718m). KE have included all these wonderful highlights and excellent coastal walking on this Canary Islands walking holiday. Starting on the dramatic west coast of Tenerife, our first hike takes us through sleepy hamlets to the lighthouse of Teno. Next we head off on a two day trekking adventure through the heart of Teide National Park, a World Heritage Site and one of the best locations in the world for star gazing. We spend the night at the Alta Vista Refuge spectacularly perched on the shoulders of Mount Teide. The next morning sees us walk through colourful lava fields to the summit of Teide in time to watch the sun rise over the Canary Islands. After the magic of Teide, it's time for a well-earned free day. Either explore the beautiful UNESCO gem of La Laguna, or hop on the local bus to Puerto de la Cruz, complete with old centre and promenade. The remainder of the holiday is spent walking in the undiscovered Anaga biosphere reserve where you'll discover a lush mountainous landscape and some of the best coastal walking in Europe. On our final night we enjoy the capital of Santa Cruz, complete with traditional piazzas, pavement cafes and pretty harbour.

Is this holiday for you?

The walks during this excellent holiday follow a mix of rural tracks between villages, small footpaths and coastal trails. The majority of the trails we use are well-maintained and occasionally we'll encounter some loose rock and volcanic terrain which can be slippery in the wet. Although there are no real sections of exposure, some trails are quite narrow and therefore we are unable to recommend this holiday for vertigo sufferers. Walking days are typically 5 - 7 hours in duration with regular ascents and descents. We've graded this holiday as 5 due to the two day Teide trek and an overnight sleeping at altitude. The two day trek requires you to carry your personal items for one night. However, all bedding is provided which means you can pack lightly. A mid-week free day after summing Teide provides the perfect opportunity to relax, recharge and explore La Laguna before the walks in Anaga. A regular public bus service runs to Puerto de la Cruz in the north of the island for anyone who wishes to see the contrasting scenery on the north of the island. This holiday is suitable for regular hill walkers. (We recommend early booking of this holiday to avoid disappointment so we can secure your overnight in the Alta Vista refuge).

Holiday Itinerary

Day 1: Meet at Tenerife South Airport and transfer to the hill top village of Chio.

Meet at Tenerife South Airport before a group transfer to the hilltop town of Chio. Located in the Teno Mountains, Chio (600m) is a typical Canarian village with a laid-back feel and relaxing pace of life. The village has a small main square with church and sweeping views of the Atlantic coast plus a small supermarket and a couple of local bars. This is the real Tenerife away from the resorts and tourists here are a rarity, so it's good to remember that facilities are limited. Opposite the church you'll find a small local bar which is a great place to sit and relax. It's here that the locals meet to enjoy a beer at one of the outside tables. For the next two nights we stay in simple, homestay-style accommodation dotted around the village with the main house used as a meeting place for the group to sit and
socialise. Some of the rooms were originally part of an 18th Century school which was owned by the Leopoldinas family, who were the first teachers of the village. Tonight we’ll have our first briefing and dinner together.

**ACCOMMODATION**
**HOMESTAY**

**MEALS**
**D**

**Day 2: Explore Masca village and hike through the spectacular Teno Massif**

A great start to the walking week as we begin with a brief transfer (40mins) to the area of Masca, located in the foothills of the spectacular Teno Massif. One of three volcanic formations that make up Tenerife, the area of Teno is a dramatic landscape containing the spectacular high cliffs of Los Gigantes and the hidden village of Masca (650m). The tiny hamlet, hidden in the Teno Massif is surrounded by steep ridges and overlooked by a dramatic pinnacle that resembles a mini Machu Picchu. Here we’ll find a collection of charming rural houses linked by stone walkways earning Masca the reputation of the prettiest village on Tenerife. After a stroll through the village we take a brief drive to the Baracan viewpoint which is the start point of our walk. After taking in the spectacular view we follow a trail taking us over dramatic gorges and through wonderful Laurel forest. From Teno heights we start to descend to the coast on a trail which hugs the mountains. We finish the walk at the stunningly located Teno lighthouse surrounded by a black sandy beach. Still active, the lighthouse is one of seven which mark the coastline of Tenerife. After a great day of walking we make our way back to Chio. Tonight during dinner we’ll be briefed on the two day trek to Teide, including what we need to pack.

**ACCOMMODATION**
**HOMESTAY**

**DISTANCE**
**10KM**

**MEALS**
**BLD**

**TIME**
**5 - 6 HRS WALKING HOURS**

**Day 3: Start of two day trekking adventure up Mount Teide.**

After breakfast we transfer (90mins) to the Teide National Park. This is where we start our exciting two day adventure to the summit of Mount Teide. Declared a national park in 1954 Parque Nacional de las Canadas Del Teide was added to the UNESCO World Heritage list in 2007 and offers one of the most diverse eco-systems in the world. Here we’ll find a wealth of unique geological treasures including volcanoes, craters, vents and lava flows. The walk up to the refuge follows a trail through an amazing lunar landscape bursting with a kaleidoscope of shapes and colours. We’ll walk at a relaxed pace to ensure that we acclimatise as we ascend. On reaching the refuge we may experience the famed pyramid shadow of Mount Teide as the sunsets. Overnighting on the shoulders of Teide is a great way 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. After reaching the AltaVista Refuge (3260m) and settling into our dormitory rooms we’ll have dinner and prepare for tomorrow’s trek to the summit. The refuge is managed by a hut manager and although bathroom facilities are simple, the building is clean, well maintained and is a great place to stay. Tonight’s dinner is simple as it needs to be prepared in the hut after been carried up by the group. The leader will brief us to ensure we are fully prepared for journey to the summit in the morning. It's normally an early night for everyone as tomorrow is a pre-dawn start.

(Please note that during the winter months of December, January and February, the weather can be unpredictable. Occasionally, and at very short notice the national park authority closes the trails. If this happens the leader will organise an alternative walk, with one option being the summit of Mount Guajara (2718m). Also located in the heart of Teide National Park, this impressive mountain offers a superb day of hiking (6 hours) and spectacular views. An alternative to the refuge accommodation will also be organised)
Day 4: Sunrise hike to the summit of Teide (3718m) the highest peak in Spain.

A pre-dawn start is needed to ensure we reach the top of Teide in time for sunrise. We'll leave the refuge wearing our head torches for the first 45mins to an hour of the ascent. Although the ascent is minimal, we take our time to acclimatise as we zig zag through a lunar landscape and watch the sun come up. On reaching the summit (3718m) we are now on the highest point in the country. The fantastic famed pyramid shadow of Teide is a definite photographic highlight, whilst the view from the summit is spectacular with the islands of La Gomera and La Palma below us. After enjoying time on the top we start the journey down passing pass snow fields nestled in the superb landscape of the national park. On reaching the road we transfer to La Laguna, one of the most beautiful towns on the island and a UNESCO world heritage site. La Laguna was the first city to be established on the Canary Islands in 1494 and has a beautiful old centre with pastel-coloured mansions, grand palaces, a superb cathedral and a fantastic labyrinth of winding streets. The whole town has a wonderful feel and is best explored by wandering down the atmospheric streets or people watching from one of the many pavement cafes. In the evening time we'll enjoy dinner in a local restaurant.

*Food for thought: Churros are yummy fried treats made from choux pastry. Originating from Spain and Portugal, they are definitely not for the calorie conscious. The best way to eat them is either filled or served with a rich dipping sauce. If you want to give them a try, then head to the main street of Calle San Agustin (just up from the History Museum) where you'll find a tiny street café that serves these mouth-watering snacks. La Laguna has a number of bodegons meaning tavern or wine cellar. These are great places for tapas and a glass of local wine in simple surroundings. Tapas on Tenerife include: pimientos de padrón - a variety of spicy peppers fried in olive oil and sprinkled with rock salt. Churros de pescado - fish goujons in batter and served with alioli (garlic mayonnaise). Croquetas caseras are crispy breadcrumb coated balls with a variety of fillings including ham and white fish, chicken, tuna and even spinach. Chopitos are tiny squid and ideal for people who think squid is rubbery as they are so small you'll find them crispy with a delicious salty. Squeeze some mount of lemon juice over them and snack on them with an aperitif.

Day 5: Free day to explore La Laguna or visit Puerto de la Cruz on the north of the island.

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

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

**Day 6: Beautiful walking in the UNESCO biosphere nature reserve of Anaga.**

This morning we start by driving (45mins) to Punta Del Carmen nestled in the lush area of Anaga. The contrast between the area of Teide and this coast of Tenerife is outstanding. The protected Anaga Mountains could be a scene straight out of Jurassic Park, complete with atmospheric dragon trees and beautiful areas of laurel which provide amazing canopies to walk under. Anaga is an area of outstanding natural beauty and consists of wild coastlines, deep ravines, rich forest and hamlets located on suspended such dramatic ridges that it's hard to believe anyone still lives there. Largely unexplored, this is an area famed for its beautiful laurel trees and spectacular coastal walking. Our trail today starts in the area of Punta Del Carmen before we descend through a beautiful landscape of rich vegetation which leads down to La Punta. Along the way we'll be rewarded with breathtaking coastal views, and learn about the ancient guanches. Still a great mystery, the original inhabitants of the Canary Islands were rumoured to be highly beautiful, tall and muscular, but little is known of their true origins. Our walk finishes in the small port of La Punta and after having a brief look around, a short transfer (30mins) sees us head to Santa Cruz, the capital of Tenerife. With its brightly painted buildings, buzzing harbour, museums and traditional restaurants, Santa Cruz is a great place to spend our final two nights.

*Food for thought: Queso asado is a delicious slab of local, smoked goats’ cheese lightly fried or baked. Each piece is then drizzled with either mojo rojo and mojo verde, and occasionally palm honey. Palm honey goes wonderfully with this cheese whether fried or not. Not for the calorie friendly - but you are on holiday after all! Ensaladilla rusa is one of those tapas dishes that is always available and is rarely the same from one bar to the next. Here potatoes, tuna, carrots, peas and mayonnaise are mixed with boiled eggs, olives or peppers. Carne fiesta is a spicy blend of pork marinated in garlic, thyme, oregano, salt, spicy peppers, paprika, oregano, wine vinegar and even a splash of white wine. It’s sautéed in a frying pan and best enjoyed with a glass of local wine. There is one Tenerife liqueur coffee drink which looks so elegant you’ll see it and find yourself saying "I'll have one of those please!" A barraquito is a layered mix of milk, condensed milk, coffee, cinnamon, lemon peel and Licor 43. Sometimes you'll find it called a barraquito and other times a zaperoco. Barraquito can be served anytime of the day but it goes extremely well aftera meal as desert.*
Day 7: Descend through enchanting forests of laurel to a secluded beach on the Anaga Peninsula.

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

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

Day 8: Departure day. A group transfer to Tenerife South is included.

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

Holiday Information

What's Included

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

What's Not Included

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

Joining Arrangements & Transfers

A single group transfer from Tenerife South Airport to the group accommodation in Chio is provided. This transfer will depart Tenerife South in the evening after meeting the flights that arrive between 5.30pm and 7pm. At the end of the holiday a group transfer will be provided from Santa Cruz to Tenerife South Airport. This transfer will arrive at Tenerife South Airport in the middle of the afternoon and will allow enough time to check-in for flights departing between 5pm to 7pm. If your proposed flight schedules do not enable you to take advantage of the group transfer, please contact the KE office. We will advise you on the best alternative arrangements.

Meal Plan

All breakfasts, 5 lunches and 4 dinners are included.

Food & Water

Many places on this holiday have drinkable water from the tap to fill your personal water bottles. Please check with the leader at the various locations. Please take purification tablets or a filter bottle (such as a Water-To-Go bottle) for days when drinking water out of the tap is not available. We do not encourage the purchasing of single use plastic bottles.

Breakfasts are continental in style with tea and coffee, orange juice, muesli or cereals and bread. Occasionally you'll come across eggs, plus jam, honey and cheese. On walking days we'll have a packed lunch which we'll carry with us and eat together at a suitable spot. These lunches will normally include a sandwich (meat/cheese), fruit and biscuits or cake. Occasionally during the week we may take lunch in a simple local restaurant. Evening meals are taken at the homestay in Chio and in local restaurants for the nights we are not in Chio. On the two day Teide trek we'll have lunch or a picnic lunch and dinner will be a simple meal prepared in the refuge. It's good to remember that cooking facilities in the refuge are extremely simple but part of the holiday experience is staying at 3260m on the shoulders of Teide. A simple breakfast will also be provided. The Canary Islands has a great climate so it's not unusual that ingredients grow on them taste so fresh. You'll find tasty fruit and vegetables (potatoes, bananas, tomatoes and pumpkins) growing all year round. The tropical climate means you'll come across papaya and mango juicy. Don't forget the Atlantic Ocean brings a rich variety of local fish including parrotfish, grouper and corvina which is similar to seabass. If you don't mind trying something a bit unusual then cabrito al horno is roasted goat and incredibly popular.

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

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

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

For the first two nights we stay in a traditional but simple "casa" in the charming village of Chio. The hilltop village has sea views from the small main square and guest rooms are either in the main family home, or dotted around the village a few minutes' walk apart. The main house acts at the group meeting point and, although rooms are very simply furnished (with shared bathroom facilities and basic rooms), staying here is a great way to experience a traditional way of life on Tenerife. It also adds a great cultural contrast to the colonial architecture of La Laguna and bustling capital of Santa Cruz. Rooms in Chio are on a twin-share basis with shared facilities, and although they are not en-suite, there are adequate bathrooms to ensure comfort. It is also good to remember that the group are guests of a family that have lived in Chio for many years and although you'll encounter a lack of hotel facilities, this is one way to give something back to a local community living in an area that is off the main tourist trail. On day 3 we spend 1 night in the superbly located refuge AltaVista on the shoulders of Teide. Rooms here are dormitory-style and clean bedding is provided, including comfy duvets and pillows. The refuge is part of the overall Teide experience and the refuge is kept extremely clean and gives the opportunity for a spot of star gazing in one of the world's best dark skies locations. The final 4 nights are spent in contrasting towns, UNESCO La Laguna (2 nights) and the capital Santa Cruz (2 nights). Here we use simple tourist hotels (limited single rooms are available for a supplement) and both properties enjoy excellent central locations. Rooms are on a twin-share basis and en-suite. In the capital of Santa Cruz we stay in the pedestrian area close to local cafes and restaurants. If you are travelling by yourself you will be paired up with another traveller of the same sex.

Group Leader & Support Staff

The group will be led by a professional and qualified tour leader.

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

**Spending Money**

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

**Baggage Allowance**

We ask you to restrict your baggage to one main bag and a day pack of approximately 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), 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. [>> Find out more](#)

**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.

**Visa information is changing all the time. Please ensure that you check for the latest advice before travel.**

**Visa Europe**

Travel to the European Union, Switzerland, Norway, Iceland or Liechtenstein will change from 1 January 2021. Before you travel, you should check the latest government advice at: [https://www.gov.uk/visit-europe-1-january-2021](https://www.gov.uk/visit-europe-1-january-2021)

From 1 January 2021 your passport must be less than 10 years old and have at least 6 months validity beyond the date of travel.

**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.

**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/](http://www.worldstandards.eu/electricity/plugs-and-sockets/)

**Preparing For Your Holiday**

Getting some additional exercise before coming on an active holiday makes a lot of sense. The fitter you are, after all, the more enjoyable you will find the experience.

You should be aerobically fit and comfortable with walking 3 to 6 hours for consecutive days. Hill walking, with a good amount of ascent and descent, is the best training. Running, cycling and swimming are also good for developing cardiovascular fitness and stamina.

**Climate**

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

Travel Aware

As a reputable tour operator, KE supports the British Foreign & Commonwealth 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 Chio 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 and 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.
Equipment List

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

You Should Bring The Following Items:

- Hiking boots (with a strong sole and ankle support)
- Socks
- Trekking trousers
- Thermal / base layer
- Lightweight waterproof overtrousers
- Underwear
- T-shirts and/or casual shirts
- Fleece jacket or similar
- Waterproof jacket
- Lightweight thermal gloves
- Warm hat
- Sunhat
- Eyewear - sunglasses
- Daypack 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
- Swimwear and a small towel
- Small padlock (to lock your luggage)
- Basic First Aid Kit including: Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters (band-aids) and blister treatment, insect repellent, and re-hydration salts (Dioralite).

The Following Items Are Optional:

- Trekking poles (highly recommended)
- Trainers or sandals
- Shorts
- Camera and batteries
- Penknife (for picnic lunches)
- Microspikes (eg Kahtoola or Grivel Spiders). These are recommended for departures from November to March to cross sections of hard snow and ice that may be encountered on Mount Teide.
- Reusable cloth bag for shopping (to avoid plastic bags)

Please note: This document was downloaded on 27 Sep 2020, and the trip is subject to change.