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HIKING IN TENERIFE

Self guided hike 8 days / 7 nights (Hiking in autotour)

Off the coast of Africa, the archipelago of the Canaries is composed of seven volcanic islands very contrasted. Lanzarote and Fuerteventura are quite desert with some oases and villages bright in whiteness. On the other hand, the other islands (Tenerife, Gran Canaria, La Gomera, La Palma and El Hierro) are more mountainous and more verdant. One is immediately attracted by this small "continent in miniature", as the diversity of landscapes is exceptional. All the islands have developed a cultural identity of their own, which is reflected in the traditions that shape the activities of each day.

ITINERARY

DAY 1: ICOD DE LOS VINOS

Night in apartment

Recuperation of the rental car at Tenerife airport (Reina Sofia or Los Rodeos) and transfer to Icod de los Vinos.
Reception and installation in apartment for the whole stay.

DAY 2: LOS BAILADEROS

Night in apartment / 10.5 km / Hiking time 4h / Elevation : + 600m /- 600m

Transfer to the nearby Teno massif and hike through the Sierra to the isolated villages of Teno Alto and Los Bailaderos (the dancers). Return to El Palmar, starting point of the itinerary, then to Icod de los Vinos.

DAY 3: LOS SILOS

Night in apartment / 15.6 km / Hiking time 5.30 h / Elevation : + 890m /- 890m

Short transfer to Los Silos, then departure for a hike through the characteristic wet forests of the northwest of the island. A long but steady ascent leads to the village of Erjos, before continuing on a beautiful forest track, all in curves and laces. The descent along the barranco de los Colchinos takes us back to your starting point.

DAY 4: ANAGA

Night in apartment / 9.5 km / Hiking time 3.30 to 4 h / Elevation : + 550m /- 550m

Day dedicated to the discovery of the wild peninsula of Anaga, east of Tenerife. Drive about 1h30 from Icod to reach the small village of Los Batanes, where the road ends. The itinerary of the day offers a lot of sensations to the accents of Madeira, a portion of the journey taking place on an old levada. The hike allows you to discover the isolated buttresses that plunge into the ocean, to the northeast of the island.

DAY 5: BARRANCO DE MASCA

Night in apartment / 14 km / Hiking time 5.30 h / Elevation : + 600m /- 600m

Drive west of the island to reach the amazing village of Masca, perched on a steep spur in an idyllic setting.
From here, the route descends the Masca Canyon for a hike to the sea in an impressive mineral setting.
After a deserved swimming, climb back into the canyon to return to Masca.

DAY 6: CALDERA OF TEIDE

Night in apartment / 12 km (with Teide ascent) / Hiking time 3 to 7h / Elevation : + 300m /- 250m

A group of small hikes allows to discover various facets of this high-place of the global volcanism. You can choose the easy climb of Montaña Blanca and its desert landscapes or Arenas Negras, on the edge of the caldera.

It is also possible to climb by cable car according to weather conditions. At 3600 meters above sea level, just below the summit of Pico del Teide (which is regulated), two short walks around the crater allow to discover unique panoramas on Tenerife and the surrounding islands.

DAY 7: CALDERA OF THE TEIDE - MONTANA DE GUAJARA

Night in apartment / 10 km / Hiking time 4h30 / Elevation : + 590m /- 590m

As highlight of the stay, the ascent of Montaña de Guajara (2718 m), the name of an ancient goddess Guanche, will close the trip with a wonderful hike. The opportunity to face the Pico du Teide by dominating the caldera from a different angle from the previous day.

DAY 8: TENERIFE AIRPORT (REINA SOFIA OR LOS RODEOS)

End of the stay

Return of the rental vehicle to the airport.

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Disclaimer

The program has been drawn up according to the latest information available during its drafting ; Imponderables are always possible and situations beyond our control can modify the process.

LEVEL

WALKING OR TIME OF ACTIVITY

3 to 7 hours of walking per day, difference in elevation : from 590 to 890 meters, no special technical difficulties

CONSECUTIVE DAYS OF ACTIVITIES

7 days.

CARRYING

Backpack 35/40 liters, with flexible reinforcements, which can hold the food of the day, enough water, a raincoat, your camera ...

CLIMATE ENVIRONMENT

Oceanic climate. The Canaries are nicknamed the "islands of the eternal spring". The average temperature does not exceed 25 ° C in August and does not drop below 18 ° C in January. This remarkable constancy is due to fresh currents, the trade winds of the northeast and the proximity of Africa. The temperature of the water is maintained all the year between 18 and 24 °. The altitude (high point of the Teide at 3718 m) is accompanied by a significant decrease in temperatures.

ENGAGEMENT

3 to 7 hours of walking, without special difficulties. 590 to 890 meters of climb ascent and descent.

EXPERIENCE REQUIRED

Practice a sporting activity 1 to 2 hours a week, walk regularly and 2 months before your departure, reinforce your endurance 2 times a week.

DATES & PRICES

All year round

Single

Low season : 503 €

High season : 580 €

2 persons

Low season : 415 €

High season : 465 €

3 people

Low season : 375 €

High season : 420 €

4 people

Low season : 370 €

High season : 410 €

5 people

Low season : 360 €

High season : 400 €

Supplement 7 diners

Low season : 125 €

High season : 125 €

Low season : from 06/01 to 14/07/2018 and from 25/08 to 11/12/2018

High season : from 12/12/2017 to 5/01/18 and from 15/07 to 24/08/18

OUR PRICE INCLUDES

ACCOMMODATION

Accommodation in apartment and family hotel Meals Breakfast from Day 2 to Day 8

TRANSPORTATION

Rent a car for 7 days :

- For 2 persons, car of category A, 3 doors (type WOLSWAGEN UP or equivalent).
- For 3 people, car category B, 5 doors (type WOLSWAGEN POLO or equivalent).
- For 4 people, car category D, 5 doors (type WOLSWAGEN GOLF or equivalent).
- For 5 people, car category F, 5 doors (type Citroën C4 Picasso SW or equivalent).

For all categories, unlimited mileage and insurance included (civil liability, theft, fire and material damage included, excluding deductible).

EQUIPMENT

The Road map (documentation for the realization of the hike). A log book is provided by application form.

TOURIST TAXES

From day 1 to day 7

OUR PRICE DOES NOT INCLUDE

MEAL

Lunches and dinners. Personal Drinks and Extras.

TRANSPORTATION

Plane ticket.

Possible supplements relating to the rental of the vehicle (recovery of the vehicle outside office opening hours, etc.) ; They are to be paid locally. The fuel for the rental car. partial or full damage waiver option proposed by the lessor to the delivery of the vehicle.

VARIOUS

The visits Insurance cancellation, luggage, interruption of stay and assistance-repatriation : 3.95% of the price of your trip.

Compulsory registration fee : 15 € per file.

PRACTICAL INFO

ACCOMMODATION

Located in a very quiet area of the rural village of El Tanque in the northwest of the island, 10 studios and 5 rooms with common kitchen very recent arranged in a building of character, surface of 25 to 32 square meter, fully equipped room with toilet, bathroom and kitchenette (sheets provided). Housekeeping is provided every 2 days. An equipped kitchen as well as a large living room are at the disposal of the guests (zone wifi only in the living room). Free car park in front of the accommodation. Possibility to have diner on site or in several restaurants in the village of Garachico located 5 km. Overnight stay and breakfast. The rich buffet breakfasts with local products are served in the small dining room.

FOOD

Breakfast only

HOW TO GET THERE

For this destination that can only be reached by air, we offer to accept the services of an organization specializing in CO2 compensation. For your pre-journeys by private vehicle, consider car-pooling. Example: <http://www.covoiturage.fr> where you can search for an ad or drop yours. Airport of Tenerife South (Reina Sofia) or Tenerife North (Los Rodeos). Daily scheduled flights (via Madrid or Barcelona) and weekly charter flights departing from Paris, Lyon, Marseille, Nice, Brussels and Geneva.

DOCUMENTATION PROVIDED FOR THIS HIKE

- 1 topographic map
- 1 log book.

MARKING

Well-marked trails in the National Park. Little signposting on the trails of the other circuits proposed. Even if the orientation is fairly easy, it is

essential to know how to read a topographic map.

ENVIRONMENT

Archipelago consists of 7 islands : El Hierro, La Gomera, La Palma, Tenerife, Gran Canaria, Fuerteventura and Lanzarote. They are divided into 2 provinces: Santa Cruz de Tenerife which includes the first 4 above and Las Palmas the other 3. Status: autonomous community. Total area: 7,273 km². Population: 1 631 000 inhabitants. Economy: tourism, agriculture (tobacco, tomatoes, bananas).

1 - Teide National Park Geo morphologically, the structure of the crater and the Teide - Pico Viejo stratovolcano are the most spectacular geological monuments in the world. In addition, the wide variety of volcanic cones and domes, lava flows and caves form an extraordinary set of colors and shapes that awaken the scientific and landscape interest of this area. As for its great biological richness, it emphasizes its particular flora with a high percentage of endemism and its invertebrate fauna composed of many exclusive species. This National Park, created in 1954 in recognition of its volcanic and biological character, is the largest and oldest of the Canary Islands National Parks, with 18,990 hectares. In addition to its peripheral protection zone, this natural area is surrounded by the Natural Park of Corona Forestal which, with 46,612,9 hectares of area becomes the largest protected natural area of all the Canaries. The Teide National Park was declared, during the summer of 2007, "Patrimony of the Humanity".

2 - Recommendations Hiking takes place in sensitive areas; In this respect, all activities must respect their environment: respect for the natural heritage, respect for the cultural heritage and the inhabitants, respect for natural resources (water, soil, habitats, fauna, flora, climate) And all the impacts on the environment: we do not disturb the animals that are at home and we do not tear the flowers because they do not grow back! It is also very important to be aware of the risk of fire during hikes.

FORMALITIES

National identity card or valid passport. Do not forget your driver's license for the rental of the vehicle.

HEALTH

No vaccination is required, we advise you to be up to date with all your classic vaccinations (diphtheria, tetanus, typhoid, polio). Consider taking the European health insurance card.

CURRENCIES

The Canary Islands are part of the euro area. There are ATMs in the most important villages of the islands (International cards).

JET LAG

In all seasons, there is an hour difference between France and the Canary Islands. When it is noon in Paris, it is 11:00 in the archipelago.

MEMORIES

In the archipelago the local products are in the spotlight: spices, cheese, honey, wine from the islands, exotic plants ... Crafts are also of good quality: pottery, embroidery, basketry. It is also one of the paradises of zero-rated products.

PICTURES

Discretion, trust and respect are the key words of the responsible photographer. Ask for permission before you press the trigger, also from parents for children. And if you promise to send a cliché, honor your engagement on your return, or promise nothing.

TIPS

The service is included in most establishments but it is customary to leave a tip in hotels, restaurants, bars and taxis. In general, it must not exceed 10% of the price. These gratuities remain at your convenience depending on your satisfaction and the service rendered.

RECOMMENDED EQUIPMENT

CLOTHING

- For a maximum of comfort, favor a system of clothing "multi layer": warm underwear (sticky + jersey) type "carline" or "capilene" (hollow fibers evacuating sweat) + fleece jacket + mountain jacket and Overpants with waterproof and breathable membrane ("gore tex" type or equivalent) for bad weather. In general, and outside hot climates and countries, avoid cotton which retains moisture near the body (and dries hard) to the benefit of synthetic materials adapted.
- Canvas pants - shorts - T-shirts
- Several pairs of hiking socks
- 1 rain cape covering the hiker and the backpack. If you have very technical tracksuits (see above), it is possible to cover only the backpack with a protective bag against the rain. The umbrella is less convenient, especially in the event of wind or storm.
- 1 sun hat, the ideal being a Saharan type cap with visor and neck protection.
- 1 scarf for protection from the sun and / or wind.
- 1 cap and 1 pair of gloves, depending on season and altitude: always have them at the bottom of the bag. For the evenings (by way of indication).
- Spare clothing and comfortable shoes
- Ear plugs

- Minimum toiletries + towel + swimsuit

Overall, your clothes must be adapted according to the season and the chosen region.

TO SHOE

1 pair of hiking shoes (with waterproof and breathable membrane, "gore tex" type or similar) in which you are well! It is necessary to "break" the new shoes before going on hike by wearing them a few weeks ago to avoid the inconvenience of the blisters and warmings ...

OTHER EQUIPMENT

- 1 (or 2) pair of sunglasses with glasses with a minimum index of 3.
- 1 large plastic bag to wrap clothes and business in the backpack (in case of heavy rain).
- 1 flask or a camel bag, preferably isotherm of 1 liter minimum. Drinking is essential in hiking, 2 container of 1 to 1.5 liter will not be luxurious in summer and / or in dry and warm regions.
- 1 folding knife type Swiss knife + cutlery + goblet.
- 1 bowl type Tupperware with lid for picnics.
- Toilet paper, handkerchiefs of paper.
- 1 compass (recommended).
- 1 pocket to hold your papers and values : passport or identity card, insurance contract, vital card, vaccination certificate, airline tickets, train tickets, credit card, money ...).
- 1 small personal first aid kit (non-exhaustive list to suit your own medical needs) : sterile pre-cut dressings, local antiseptic for external use (wounds), Elastoplast and / or double skin (blisters), Antalgic type paracetamol, Antidiarrheal and antiseptic Intestinal, antispasmodic, antihistaminic (allergies), physiological saline or ocular eye drops, light sleeping pill, sunscreen high protection for skin and lips, moisturizing cream for sunburn and burns, cream or spray, Arnica Montana granules 9 CH (muscle aches) ...

FOR THE STAGE

1 pair of light shoes.