

# Walking on the Island of La Palma

**Trip style:** Guided Walking Holidays

**Destination:** 📍 Spain

**Trip code:** LPM07-LCL09

**Grades:** 3 & 4

**Carbon Footprint:** 🌳 982kg CO2



## HOLIDAY OVERVIEW

The greenest of the Canary Islands is affectionally known as La Isla Bonita – and for good reason. Get to know this gorgeous isle with a trek through the rocky landscapes of Caldera de Taburiente National Park, walks in the ancient laurel forests of La Galga, and a climb to the summit of Roque de Los Muchachos - the island's highest peak.

## WHAT YOU'LL LOVE

- Discovering enchanting forests, pine groves, and verdant hills
- Marvelling at the Caldera de Taburiente rim, often above a 'sea' of clouds
- Admiring lush green vegetation and incredible volcanic geology
- Enjoying the extensive gardens at the comfortable Hacienda San Jorge

## WHAT'S INCLUDED

- Return flights from London Gatwick, including baggage and transfers (flights available from other airports - price may vary)
- A choice of 2 guided walks per day with local leaders (on walking days)
- 7 nights' accommodation in Los Cancajos
- 7 breakfasts & 7 dinners
- All in-destination transport

## TRIP SUITABILITY

This is a level 3 and level 4 graded Activity, Easier walks: 5 to 8 miles (8 to 13km) on a mix of rocky and cobbled paths, with some steep ascents and descents. Up to 1,300 feet (400m) of ascent in a day. Harder walks: 7 to 11 miles (11 to 17½km) with some steep ascents and descents. There are also some rocky sections. Up to 3,280 feet (1000m) of ascent in a day.

## ITINERARY

### **Day 1:** Arrival Day

We meet you at La Palma Airport and take you to your hotel. Unpack and settle in.

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### **Day 2:** La Galga Forest & Coastal Walk

We start the week exploring the laurel forest of La Galga and the northeast coast of La Palma. Water has carved deep barrancos where green lush vegetation, giant ferns and mosses grow all over creating a magical fairy tale atmosphere. On the second part of the walk, we pass along banana plantations over the marine cliffs until our final destination, Charco Azul. Today, we enjoy contrasted landscapes of a protected forest, rural areas, great ocean views and lovely typical houses in the little charming village of San Andrés.

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### **Day 3:** Barrancos of the Wild North

Today's walk takes us to isolated hamlets set on the mountain ridges of the north coast, far from mass tourism and back to past times. The 'camino real' swings up and down constantly descending and ascending barrancos and offering stunning cliffy coast views. This is one of the authentic paths leading to the end of the world, passing modest houses and telling old stories of local people's life.

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### **Day 4:** The Volcanoes Trail

La Palma is the most active volcanic island of the Canary Islands, the last eruption taking place in Today both groups enjoy dramatic landscapes sculpted by the wild force of nature. Volcanoes, lava fields, volcanic sands and chaotic scoria combining with peaceful nature, green pine trees and a deep blue ocean.

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### **Day 5:** Free Day

Each week there is a free day when no guided walks are offered. This is an ideal opportunity to relax around the hotel, walk independently or visit local places of interest. Some options for your free day may include: Hotel: Relax in the hotel, enjoy a walk in the gardens and rest by the pool area. You can also explore the nearby seaside of Los Cancajos, enjoy a stroll along the beach or dip in the sea on a warm day. Santa Cruz de La Palma: Why not visit some local places of interest? Santa Cruz is the pretty capital of the island and just 10min away by bus or taxi from the hotel. Walk around the cobbled streets in the old quarter where there are traditional buildings with wooden carved balconies festooned with brightly coloured flowers. You can have lunch in one of the many restaurants and relax at the new beach.

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### **Day 6:** Caldera de Taburiente National Park

Today takes us to the heart of 'La Isla Bonita', to the Caldera de Taburiente National Park. On the centre of the island can be found a spectacular hole 8km (5 miles) large and 2,000m (6,500ft) deep protected since 1954. Colonized by pine trees and shaped by water erosion, Taburiente and Las Angustias offer beautiful sceneries for today's walk.

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**Day 7:** Roque de Los Muchachos

Last day, we are rewarded with exhilarating walks to reach the top of the island, the Roque de Los Muchachos, 2,426m (7,960ft) above the sea level. This area above the pine tree level offers stunning views over the clouds and as far as Mount Teide in Tenerife. The summit is also home to one of the most important astrophysical observatories worldwide and to many international telescopes such as the largest telescope on Earth, GRANTECAN, and some British ones with familiar names: Liverpool Telescope or Isaac Newton Telescope, located here due to the 'dark skies' of La Palma.

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**Day 8:** Departure Day

We take you back to the airport for your flight home. Hasta la vista La Palma! We hope to see you soon.

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## Hacienda San Jorge 3-Star - La Palma

Surrounded by beautiful gardens and swaying palms, the beachfront Hotel Hacienda San Jorge is the perfect hideaway for those looking to relax. Clean and comfortable apartment-style rooms come with a fully equipped kitchenette. Outside, you can take a dip in the lake-shaped swimming pool, sip a drink in the shade of the giant Ficus tree, or soak up some sunshine whilst swinging in a hammock. As for facilities, the hotel boasts a large gym complete with sauna and steam room, an on-site mini market, plus a buffet restaurant with views of the mountains and sea on one side and the pool and gardens on the other.

### Vaccinations & health information - SHARED WITH ALL EU NEW 2026

Before booking, you should check with your doctor to see whether any health precautions are needed for your trip. Health advice and requirements can change, so we recommend doing this in good time before travel. As a general rule, travellers should ensure they are up to date with routine UK vaccinations and boosters, including, for example, MMR and diphtheria, tetanus and polio. Some countries may require you to have specific vaccinations such as Malaria, Rabies and Yellow Fever. Please check with your GP if you are unsure. Please note that the use or possession of some common prescription or over-the-counter medicines is restricted or banned in certain countries. If you will be carrying medication, you should check with the relevant embassy or consulate before travelling. As an extra precaution, we recommend keeping medication in its original packaging, carrying a copy of your prescription, and, where possible, asking your pharmacist to provide the medication name in the language of the country you are visiting. For further country-specific health advice, visit [www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk) or [www.traveldoctor.co.uk](http://www.traveldoctor.co.uk). If you are travelling from outside the UK, please consult your own doctor and check local entry requirements.

### Passport & Visa information - SHARED FOR ALL EU NEW 2026

This information is for those travelling with a full 'British Citizen' passport; for all other nationalities or passport holders, please check with your local consulate for advice. **Passport Requirements** This information applies to travellers holding a full British Citizen passport. Entry requirements vary by destination and can change at short notice. For most EU and worldwide destinations, passports must be valid for the entire duration of your stay. Some countries also require a minimum period of validity remaining on your passport (often up to 6 months beyond your return date), even if you are not staying that long. We strongly recommend ensuring your passport has at least six months' validity remaining at the time of travel to avoid any issues. If you hold a different type of British passport or a passport issued by another country, you must check the requirements with the relevant embassy, consulate, or official government website. **Visa Requirements** Visa rules depend on your nationality, destination, length of stay, and purpose of travel, and they can change frequently. It is your responsibility to check whether you require a visa before travelling. British passport holders should check the latest entry, passport validity and visa requirements for their destination on the UK government's Foreign, Commonwealth & Development Office (FCDO) website: <https://www.gov.uk/foreign-travel-advice>

### Packing list - Overseas Guided Walking

It's best to be prepared for all weather conditions. To make it easier, here is a list of items you should consider packing. Essentials Walking boots Waterproof jacket Waterproof trousers Insulated jacket/top Walking clothing Walking socks (plus spares) Sunhat Gloves/mitts and warm hat Water bottle (minimum 2 litre capacity) Headtorch High-factor sunscreen (minimum SPF 30) Sunglasses with a dark lens Rucksack (15-30 litres) Mobile

phone Personal first aid kit (containing your medication, blister plasters, etc.) Passport Visa (if applicable) Copy of your travel insurance policy UK Global Health Insurance Card (formerly known as EHIC) Recommended Collapsible walking poles Swimwear and travel towel Snacks Dry bags Rubbish bags Insect repellent Optional extras Camera Sit mat Flask for hot drinks Durable lunch box Gaiters GPS device (excluding Bhutan, Georgia and India)

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