

# Walk the Trails of Tenerife

**Trip style:** Guided Walking Holidays

**Destination:** 📍 Spain

**Trip code:** TNF07-LCL09

**Grades:** 3 & 4

**Carbon Footprint:** 🚲 985kg CO2



## HOLIDAY OVERVIEW

As the largest island of the Canaries archipelago, Tenerife, has no shortage of out-of-this-world volcanic landscapes, pine-scented forests, and wide-open spaces. Our guided walking holiday takes in world-famous volcanic scenery dominated by Mount Teide as well as discovering the laurel forests of the Anaga Peninsula, the ash-covered landscape of the Arenas Negras volcanoes, and the UNESCO-listed town of San Cristobal de La Laguna.

## WHAT YOU'LL LOVE

- Discovering the lush green laurel forests of the Anaga Peninsula
- Marvelling at volcanic landscape dominated by El Teide
- Wildlife-watching at Anaga Biosphere Reserve
- Admiring beautiful coastlines and volcanic scenery
- Staying at our 4-star hotels in the heart of San Cristobal de La Laguna and Santiago del Teide

## 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)
- 3 nights' accommodation in Santiago del Teide
- 4 nights' accommodation in La Laguna
- 7 breakfasts & 7 dinners
- All in-destination transport

## TRIP SUITABILITY

This is a level 2 and level 4 graded Activity, Easier walks: 5 to 8 miles (8 to 13km) on a variety of terrain. Up to 1,200 feet (360m) of ascent in a day. Harder walks: 6 to 11 miles (9½ to 17½km) on varied terrain with some rough or steep sections. Up to 2,715 feet (780m) of ascent in a day.

This programme is rarely on flat terrain, there are constant ascents / descents and frequent rocky paths to ensure we offer attractive and varied walks.

This is a level 3 and level 4 graded Activity, Easier walks: 5 to 8 miles (8 to 13km) on a variety of terrain. Up to 1,720 feet (525m) of ascent in a day. Harder walks: 6.5 to 9 miles (10 to 14 km) on varied terrain with some rough or steep sections. Up to 2,300 feet (700m) of ascent in a day.

This programme is rarely on flat terrain, there are constant ascents / descents and frequent rocky paths to ensure we offer attractive and varied walks.

## ITINERARY

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

Welcome to Hotel La Casona del Patio. Unpack and settle in.

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### **Day 2:** Chinyero & Arenas Negras Volcanoes

The week begins by exploring Tenerife's two youngest volcanoes: Arenas Negras and Chinyero. Tenerife is still an active volcanic island and this pair of volatile giants last erupted in 1706 and 1909, respectively. We'll learn about the nature and geology of the area and find out how local people faced the eruptions, battled against devastating lava flows, and escaped with their lives.

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### **Day 3:** Teno Mountains

Today takes us to Tenerife's west, home to the Teno Mountains. We'll head into a landscape of great contrasts – from lush forests to deep canyons – as well as diverse climates and ancient traditions. The area is protected as a Rural Park, aiming to preserve both its natural and human heritage.

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### **Day 4:** Teide's Caldera and Volcanoes

The Teide National Park is in focus on today's walks, which sits over 2,000m above sea level in the centre of the island. We'll cross 16km of the caldera, through a mind-bending array of rocks and lava, crowned by Mount Teide (3,715m) – an active volcano and Spain's highest mountain. After a fabulous time in Teide National Park you will be transferred to your new accommodation Hotel Laguna Nivaria.

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

Each week there's a free day when no guided walks are offered. You're welcome to stay at the hotel and take advantage of its spa facilities, or head out and explore at your own pace. There's the town of La Laguna, a UNESCO World Heritage Site, where you can dip in and out of historic mansions and churches as you wander around the old quarter. Or step aboard the tram to Santa Cruz, the capital of Tenerife, where you've got the bazaar and food market or the Palmetum, a large botanical garden, and an array of museums.

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### **Day 6:** Anaga Biosphere Reserve

Today we will discover the Anaga mountains, one of the oldest volcanic regions in Tenerife and a UNESCO Biosphere Reserve. It's home to some of Europe's most varied native wildlife as well as many villages and inhabitants. You'll explore sustainability through walks in this rich but fragile environment.

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### **Day 7:** Teide National Park

On our last day, we'll have a second chance to be amazed by the crowning glory of Tenerife, the UNESCO World Heritage of Teide National Park. You'll have panoramic views over the Orotava Valley and Mount Teide during our

drive and stops from a few viewpoints to keep you mesmerised.

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**Day 8:** Departure day

We hope to see you again soon.

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## Hotel Laguna Nivaria - La Laguna (4 nights)

Our holiday on Tenerife is based in one of the main squares of the UNESCO World Heritage town of La Laguna. This was once the main capital of the Canary Islands and has many cobbled streets, historic merchant buildings with beautiful courtyards, churches and convents. The 4-star Hotel Laguna Nivaria is a central meeting place for the locals and is a historical 16th century building furnished in traditional style but with contemporary comfort. The hotel owns a sustainable organic farm which provides produce for the restaurant.

## Hotel La Casona Del Patio - Santiago del Teide (3 nights)

This converted 17th century farmhouse is a rural escape surrounded by magnificent views of Spain's tallest peak, Mount Teide. Rooms come decorated in traditional Canarian style while two restaurants serve up delicious local food from their wood-fired oven.

### **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.

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### **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>

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## **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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