



TENERIFE GUIDED WALKS

SPECTACULAR SCENERY, MAGIC MOMENTS

- 7 Nights in a 1 bedroom self-catering apartment at Paloma Beach, Los Cristianos
- Welcome meeting with free tapas and drinks
- 5 Guided walks with me
 - All transport to and from the hikes

All you need to do is book your flights, travel insurance, and pack your hiking gear!

From €475.00 pp based on 2 people sharing



With me, Andy Tenerife Walker

So you thought Tenerife was all about the sun, sea and sangria? Well think again because Tenerife also offers a full range of landscapes and microclimates from moonlike deserts and ancient lava flows to lush green laurel and pine forests, mountain ravines and coastal paths.

I offer a full range of hikes designed to let you discover our beautiful island. I customise my service to suit individual needs from strolls along leisurely trails to negotiating challenging ancient volcanoes and lava flows.

This fabulous walking holiday will show you just how diverse our landscapes are and introduce you to some of the flora and fauna, a lot of which is endemic to Tenerife and the Canary Islands. All in all, Tenerife is the perfect place for hikers looking for something a little bit different.

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Tenerife Guided Walks



Tenerife Guided Walks is probably the most renowned guided walking company in Tenerife. With nearly 500 Tripadvisor reviews, we have been awarded their Traveller's Choice award for the 7th year running.



My name is Andy Tomkins AKA "Andy Tenerife Walker" and "The Guancho of Tenerife" and I have over 25 years' experience of walking Tenerife's Great Outdoors.

Before moving to Tenerife, I was a ranger in the Peak District National Park, but my love of hiking and exploring began when I was a child. So I have spent nearly all of my life walking and climbing not only in the UK but all over Europe including Mont Blanc to name but one.

Tenerife Guided Walks has grown rapidly since its conception 9 years ago and we now have a wide choice of walks in Tenerife from easy forest walks to extreme adventure hikes for the experienced. We specialize in small groups, usually no more than 6 people except for extremely busy times mainly January to March.

This beautiful island offers some of the most spectacular scenery you could ever wish to see with some amazing trails and paths and Tenerife is now a well known hiking Mecca.



The hikes will be of moderate intensity lasting 4 to 5½ hours and distances will be between 8-15 km. There will be varying levels of ascent some of which are challenging and will take in many of the breathtaking views that the island has to offer, including laurel forest, barrancos (gorges), high mountains, open countryside and farm land.

For your pleasure, comfort and enjoyment, we have chosen Paloma Beach for your accommodation as we know this complex and the management well and believe it is an ideal base for your stay. These modern self-catering apartments have a separate bedroom with full kitchen facilities and a large pool area with plenty of sun beds. Also included in your holiday is a welcome meeting with free drinks and tapas, 5 hikes with me, and all transport to and from the walks.

All you have to do is book your flights, get your travel insurance, and pick up your hiking boots and sun tan cream! We will do everything else for you.

Tenerife



Tenerife is the most populated of the 7 main Canary Islands and is also the most populated island of Spain, although there are 13 islands in total. Tenerife has a land area of 2,034 km² and nearly 900,000 inhabitants which equates to 43% of the total population of the Canary Islands.

The Canary Islands Network for Protected Natural Areas “Red Canaria de Espacios Naturales Protegidos” is a conservation organization in the Canary Islands and recognizes 146 such areas across the archipelago, 43 of which are in Tenerife.

Teide National Park “Parque Nacional del Teide” has been a UNESCO World Heritage Site since 2007 and considered a site of outstanding universal value. Teide National Park, dominated by the 3,781m Teide-Pico Viejo stratovolcano, represents a rich and diverse assemblage of volcanic features and landscapes concentrated in a spectacular setting.

Tenerife also has 2 rural parks known as the “Parques Naturales de Canarias (Crown Forests) in Anaga and Teno. The Anaga Rural Park is a natural protected area located in the north eastern tip of Tenerife and has a surface area of 14,418.7 hectares. This park is an extremely beautiful area, full of contrasts and home to a wealth of native fauna and flora, a direct result of the region’s isolation and ecological variety. It is also the largest laurisilva forest in the world. Laurisilva is an extremely important resource, since its dense mass retains moisture, refills the natural water deposits on the island, as well as creating and preserving fertile soil.

Teno Rural Park is located in the north west of the island and encompasses the Teno massif and surrounding areas. The Teno massif is one of 3 volcanic formations that gave rise to Tenerife which emerged 5-7 m years ago, the others being the Anaga Rural Park and Roque del Conde. It is furrowed by deep ravines and covers 8.963 hectares and features basaltic lava flows and laurel forest and is home to many endemic species of flora.

Tenerife also has four integral natural reserves, six special natural reserves, a total of fourteen natural monuments, nine protected landscapes and up to six sites of scientific interest. Also located on the island Macizo de Anaga since 2015 is Biosphere Reserve and is the place that has the largest number of endemic species in Europe.

Dates, Prices and What's Included

Dates: 13-20 Jan, 14-21 Feb and 11-18 March 2023

Price: €538.00 per person based on 2 people sharing a 1 bedroom self-catering apartment.

Price: €820.00 per person for 1 person in a 1 bedroom self-catering apartment.

Dates: 21-28 April, 19-26 May and 13-20 June 2023

Price: €475.00 per person based on 2 people sharing a 1 bedroom self-catering apartment.

Price: €699.00 per person for 1 person in a 1 bedroom self-catering apartment.

**(Subject to accommodation being available)
Other dates are available for 2023, please enquire.**

INCLUDED:

- A 1 bedroom self-catering apartment in Paloma Beach
- All transport to and from the hikes
- 5 walks or less * with Andy as your guide
- Informative talks during the hikes regarding the history, geology and geography of the island
- Happy hour welcome meeting with free drinks and tapas to discuss the week's itinerary
- Full Public Liability and Rescue Insurance
- Local tax IGIC at 7%

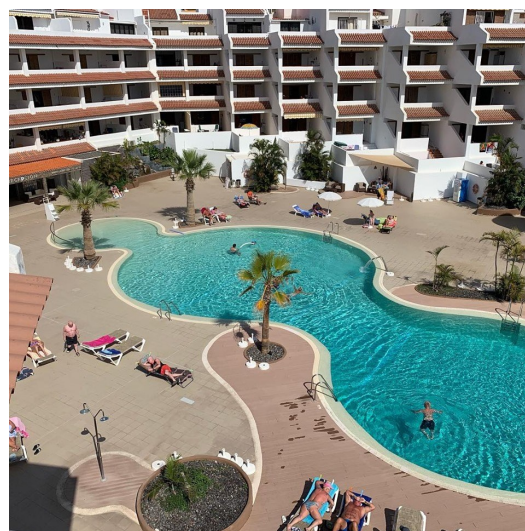
NOT INCLUDED:

- Flights and airport transfers
- Travel Insurance
- Food, drink and meals
- Hiking equipment



Want to come but don't want to walk at all, or do you want less than 5 guided walks?

- None-walkers are welcome, please ask for details.
- These prices include 5 guided walks, however, if you prefer less walks, this is not a problem just let us know and we will schedule your walks to meet your requirements and advise the price accordingly. *



Paloma Beach Apartments



This quiet 3* complex is built on four levels with lifts and stairs to all floors. One and two bedroom apartments are available with views of the private pool, tropical gardens or Atlantic Ocean. All of the apartments are individually furnished to a high and modern standard.

Onsite there is a well run and well stocked poolside bar serving drinks and food from 08.30 until midnight. There are also plenty of other bars and restaurants nearby serving a variety of cuisine and offering light evening entertainment.

The heated swimming pool has a separate children's pool and the surrounding terrace offers a tranquil haven for guests to relax and soak up the sun. There are plenty of sun beds and sun shades available for a small charge (€2 per day - available 10am-6pm). There is a small play park onsite where children can play safely and there is outside exercise equipment located poolside.

Paloma Beach Apartments are located just 100 meters from the sea and a pleasant 25 minute stroll along the promenade from the busy town centre of Los Cristianos and two world-class beaches are within a 15-25 minute walk.

There is a chemist and two well stocked supermarkets within a 5 minute walk of the complex including a British "Iceland". There are also many shops and cash points close by.

Standard 1 bedroom apartments are spacious, comfortable and decorated in a classic style. They include free Wifi, 32" TV & DVD player, hair dryer, iron and ironing board, plus a full kitchen. There is also a safe available for a small fee.



Upon Your Arrival



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Check-in at Paloma Beach apartments is from 3 pm. If you are arriving earlier than that, please let us know as it may be possible for you to check in earlier if the room is ready, but of course, we can't guarantee it.



At approximately 5 pm (but depending upon your arrival time) a welcome meeting will be held in a friendly little bar very close to where you are staying. There will be a chance for us all to get to know each other and to discuss the hikes which will be agreed by the group. I will also give you important information about Los Cristianos eg. local chemists, supermarkets, good places to eat etc. and answer any questions you might have. The rest of the evening is yours to relax and enjoy.



The old town of Los Cristianos which has grown from a quiet little fishing village, is a gentle 25 minute stroll away along the promenade.

The harbour still retains all of its old charm and en route and here you will find many bars and restaurants offering English, Canarian and international cuisine.

Whilst Paloma Beach is quiet (and this is why we have chosen it), there is plenty of nightlife on route to the town and in Playa de las Americas if you want entertainment.

If you just want a coffee or a drink then the Market Tavern bar immediately outside where you are staying is a must!

And for tomorrow—general information regarding the hikes:

Walk pick-ups/drop-offs: 09.00/16.30-17.00 approximately.

Lunch: you need to bring a picnic lunch eg sandwich/bread roll, fruit, energy snacks and plenty of water.

Typical Hiking Itinerary

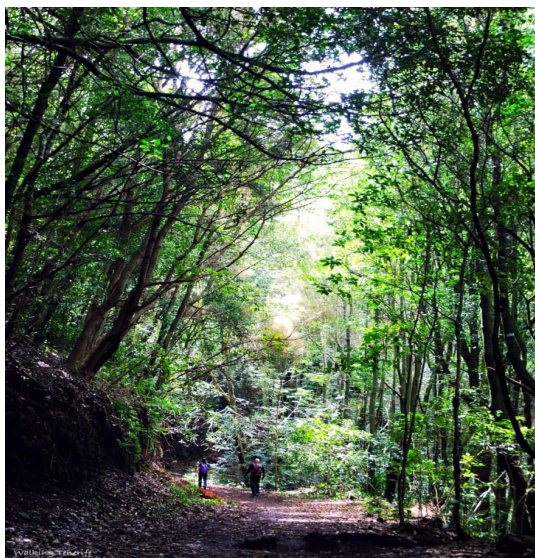


Walk 1 – Breathtaking Barrancos.

Discover the beauty of some of Tenerife's amazing gorges (barrancos) whilst walking on old traditional paths and trails that link the remote farms and hamlets of Arona. These hidden gems are stunningly beautiful and definitely away from the crowds.

The barrancos tell a sorry tale in local history as the Guanche King or "Mencey" of Adeje hid with his tribe in the caves here and fought off the Spanish Conquistadors. The barrancos also have many endemic plants and flowers and the geological structures are simply awesome.

Distance: about 8km
Duration: 3-4 hours
Gradient: approx. 570m
Difficulty: easy to moderate



Walk 2 – Amazing Anaga

The Anaga Mountains occupy a large section of the north-east part of Tenerife and consists of coastline, ravines, laurel forests and villages that are so remote it is amazing that anyone actually lives in them.

The area's special climate has led to the existence of one of the most important specimens of laurisilva or laurel forest in the world (laurel, til and evergreen laurel).

This whole area is a protected natural landscape and our walk is a great introduction to the area and its outstanding natural beauty. There are many routes to choose from with this walk so the distance can be reduced if required.

Distance: about 15km
Duration: 5 hours
Gradient: approx. 600m
Difficulty: moderate to hard



Walk 3—The Wow Factor Walk

This is a moderately difficult walk mostly above 2,000m altitude but achievable for anyone with a moderate level of fitness. The path starts in the Canarian pine forest above the pretty and historic village of Vilaflor and shortly after this, our trail enters the Teide National Park and quickly climbs to reach the Caldera Rim at an altitude of circa 2550m.

After lunch our journey continues on a jaw-dropping mountain trail through very pleasant scenery. This particular stretch of the trail lasts for a good 1 ½ hours and is a fairly easy gradual descent back to our starting point. All in all, this is probably one of the most satisfying hikes in the Canary Islands.

Distance: approx. 12 km
Duration: 5 hours
Gradient: approx. 500m
Difficulty: moderately hard

Typical Hiking Itinerary Continued



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Walk 4 – Masca from above

This picturesque alpine hike explores a high undulating ridge with some short steep but safe ascents that offers panoramic views of the laurel forest. We then follow a path deep into the sub-tropical rain forest where hanging lichen and mosses abound. This is without doubt one of the most important eco-systems on the island.

Then, just like magic, open countryside appears where we are given the most spectacular panoramic view the island of Tenerife has to offer. For the next 45 minutes or so, we are literally looking down on the Masca gorge and the surrounding volcanic landscape. On a clear day, the finale is a fabulous view of Mount Teide looming in the distance across the Santiago valley and the lava fields high above. Our hike then continues on easy footpaths through pine forest and descends majestically into a valley which is reminiscent of the English countryside. Here many meadow plants exist with bees merrily buzzing and butterflies fluttering around us.

Distance: about 12km

Duration: 4 ½ hours

Gradient: approx. 375m

Difficulty: moderate



Walk 5—Mount Guajara

Guajara is Tenerife's 3rd highest peak. Rising to 2,718 metres (9,000 feet) this impressive turret-shaped mountain has sheer cliffs on 3 sides.

Guajara was a Guanche princess who threw herself off the top after losing her beloved De Ella Tinguaro in the battle of Aguere, so named by the Tenerife poet Antonio de Viana.

The photograph to the left shows the breathtaking views from the top to Mount Teide and the surrounding landscape.

We ascend the exhilarating north face offering superb views down into the crater of Las Cañadas. On the summit we discover a ruined building which was one of the first high altitude observatories to be built in the world to view the stars.

We then descend Guajara's back where the southern coast unravels in a haze below. It is simply stunning. This walk is 10km and hard going due to the steep terrain.

Distance: about 10km

Duration: 5 hours

Gradient: approx. 710m

Difficulty: hard

Hiking Kit List and Rucksack



Be prepared! This basic hiking kit list guideline will help enhance your holiday.

- Good walking shoes/boots or trainers with a good sole grip
- Spare laces
- Comfortable walking socks and a clean spare pair
- Walking poles (if preferred)
- Camera/phone
- Waterproof jacket
- Fleece, hat/cap and gloves (just in case it is chilly) and cotton neck scarf
- Several polo shirts/T-shirts or specialist walking shirts
- Shorts/trousers with pockets
- Sun hat, sun glasses, lip balm and high protection sun tan cream, and after sun lotion
- Swimwear/beach towel for after the hikes (if desired)
- Ruck sack with at least 1L water (more if it's really hot) plus picnic lunch.
- A plastic bag for rubbish, toilet paper and baby wipes
- Basic first aid kit, insect repellent etc.



Important Notes

- Don't forget to bring your Passport(s) and if you are travelling from outside the EU, check with your embassy or consulate regarding Visas/any additional documentation required.
- UK residents should bring a European Health Insurance Card (EHIC).
- Travel Insurance. You must take out adequate travel insurance against medical and accident risks.
- Upon booking, you must read and sign our Terms and Conditions on page 10 and 11 either by hard copy through the post or by email.
- Covid-19. We operate in accordance with the Government's guide lines. You must bring face masks and hand sanitiser wipes. Please check current Covid regulations/restrictions at the time of Travel.



Terms and Conditions



These terms and conditions along with the confirmation by email of your booking comprise your agreement with Tenerife Guided Walks.

Tenerife Guided Walks (the company) is a trading style for Andrew John Tomkins (I) otherwise known as Andy Tenerife Walker. Registered with the Tenerife Tourism Board "Intermediación Turística", identification number I-0003474.1. Senderismo NR-38-4-0000330.

General Conditions

1. Your obligations:

- 1.1 You must be reasonably fit and well to fulfil the requirements of the hikes. If you have any physical or mental health problems that may affect you or any other person on the hike, then you are obliged to tell me about this due to the mountainous conditions of the terrain, altitude, heat, extreme weather conditions on occasions, and the ascent/descent on certain trails. I reserve the right to cancel or change a hike should it be clearly apparent that you are not physically capable of completing the tour or if your condition would affect the other hikers in the group. Your booking is accepted on the understanding that you realise and accept the risks and hazards potentially involved in adventure holidays and that you are mentally and physically capable of undertaking this trip.
- 1.2 You must have suitable holiday insurance cover.
- 1.3 You agree to behave in a seemly fashion and in a manner that does not threaten the condition or safety of yourself or any other hikers in the group.
- 1.4 You agree to follow the instructions given by me, your guide, at all times.
- 1.5 You must have suitable clothing, footwear and food and drink. Walking boots and poles are not necessary but they are recommended, however, good walking shoes or trainers with a solid grip are a must. You also need sun tan cream and a hat. You should also be prepared for changeable weather conditions which can happen at any time, therefore, a weatherproof and warm clothing may be required on some occasions. Please also bring a picnic lunch and emergency foods eg. high energy snack bar and plenty of water; at least 1L but 2L+ if very hot.
- 1.6 You agree to follow the rules and regulations of nature protection especially within the National Park and other designated areas. Strict regulations and penalties are in place for every case of non-compliance. Designated hiking paths are in place and must be adhered to. It is not permitted in this area to pick plants, collect stones or any other natural or living object/thing within the National Park and other designated protected areas.

2. Limitations and Liability:

- 2.1 Tenerife Guided Walks is not responsible for any losses or damages incurred.
- 2.2 Tenerife Guided Walks is not responsible for any defects or problems arisen from any third parties, eg. mini-bus company services, taxis, or hotels/resorts etc.
- 2.3 Tenerife Guided Walks reserves the right to change a hike even last minute if necessary should the weather conditions be adverse or should I decide that the path or trail is dangerous. In these circumstances, I will always offer an alternative choice of walk that is safe and/or where the weather conditions will be more conducive for walking providing this is physically possible.
- 2.4 Tenerife Guided Walks reserves the right to terminate a hike should:
 - I deem that you or anyone else in the group are not physically well enough or capable of completing it
 - The weather conditions are extreme and/or dangerous
 - A path or trail suddenly becomes dangerous or impassable
 - A rock fall occurs

Continued

Terms and Conditions Continued



3. Booking and Confirmation:

- 3.1 Upon receipt of these signed Terms and Conditions your booking will be confirmed. You can either post a signed copy to us as per the address below, or you can sign them and scan them back to andy@tenerife-guided-walks.com
- 3.2 Upon booking, you will be sent a confirmation by email.
- 3.3 Upon receipt of your deposit payment, your accommodation and hikes will be booked.
- 3.4 By placing a booking you agree that you have read and agree to be bound by these Terms and Conditions.

4. Fees and payment:

- 4.1 A deposit of 30% is required upon booking.
- 4.2 Balance payments are required in full 90 days before the travel date.
- 4.3 Should you book less than 90 days before the departure date, payment in full is required.
- 4.4 Payments to be made by PayPal, or by BACs PROVIDING that the money is coming from within the EU. For BACs payments coming from outside the EU an €18.00 bank charge applies for each transaction.
- 4.5 All payments are non-refundable.

5. Amendments and cancellation of your booking(s):

- 5.1 If you wish to change your booking, I will do my very best to accommodate you, but I cannot guarantee that I will be able to do so.
- 5.2 If you wish to cancel your booking, as per 4.5 above, all payments are non-refundable.
- 5.3 Compensation payments or refund payments will not be made where a cancellation is caused by situations under "Force Majeure", such as warfare, riots, civil unrest, terrorist activity, industrial disputes, natural disasters, fire or similar events outside of my control, or any other circumstances including Covid-19 travel restrictions in country of origin or here, or a lockdown.

6. Variation to these Terms and Conditions:

- 6.1 No variation to these Terms and Conditions shall be valid unless given in writing or by email.

7. Data Protection:

- 7.1 Tenerife Guided Walks does not pass any personal information to any third parties, except to the Canaries Government (Gobierno de Canarias) should an accident/incident occur whereby your details are obligatory.

8. Governing Law and Jurisdiction:

- 8.1 These Terms and Conditions are governed by the Law of Granadilla de Abona. I/we hereby confirm that I/we have read and understand these Terms and Conditions and agree to abide by them.

Signed Date

Signed Date