La Gomera - Jewel of the Canaries

Trip Code: LGT

Version:

WALK & TREK	GUIDED GROUP	5 MODERATE



HIGHLIGHTS

- Hike through magical cloud forest to the highest point on La Gomera
- Traverse across magnificent valleys and walk on GR131 long distance trail
- Take in spectacular views from Roque El Cano and explore timeless villages
- Cross by ferry from Tenerife to the "Walkers Island" and spot wild dolphins

AT A GLANCE

- 6 days walking
- Max. altitude - 1487 metres
- Join at Tenerife

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

Captivating La Gomara is known as The Walker's Island due to the veritable labyrinth of footpaths that snake through the island's pockets of cloud forest, timeless villages and colourful flora. Its uninterrupted coastal views and dramatic volcanic landscapes make it the perfect destination for a Canary Islands walking holiday. Described as a botanical treasure, La Gomera includes enchanting areas of cloud forest in the national park of Garajonay, which you'll hike up into. Further lovely walks during the holiday include the dramatic valleys of Rey and Loros and the spectacular viewpoint of Roque El Cano. A fantastic day hiking along a section of the GR131, the superb long distance footpath connecting all the best walking trails across the Canary Islands is a real highlight. Time to explore the pretty capital of San Sebastian, chapel of Santa Clara and Villahermoso's botanical garden, adds a spot of island culture and sightseeing. La Gomera is a true walker's paradise and this holiday includes six of the best walks on the island and charming accommodation, surrounded by beautiful scenery.

Is this holiday for you?

The walks included in this holiday on La Gomera follow a mix of rural tracks and footpaths between villages and valleys. The majority of the trails we use are well-maintained and occasionally we may encounter some rocky sections, plus some volcanic terrain. Walking days are typically 5 - 7 hours with a good amount of ascents and descents. This holiday is suitable for regular walkers who are used to consecutive days of walking and want to walk on an island with quiet trails and little traffic. This tour may not suit people with a particularly severe fear of heights.

Itinerary

Version:

Holiday Information

What's Included

- A professional and qualifed tour leader
- A single timed group airport transfer on Days 1and 8 Ferries between Tenerife and La Gomera
- All accommodation as described
- Meals as detailed in the meal plan
- All land transport involved in the itinerary

What's not Included

- Travel insurance
- Some meals as detailed in the Meal Plan
- Tips for support staff and guide
- Miscellaneous expenses drinks souvenirs etc

Joining Arrangements & Transfers

Travelling to your Destination

If flying from the UK there are low cost airlines available to the start and from the end of your holiday.

To benefit from full financial protection, ease your holiday planning, and avoid dealing with airlines, we can book scheduled flights from the UK as part of a flight inclusive package. Scheduled flights are usually more expensive that low cost alternatives, however potentially less stressful if your flight is cancelled or delayed. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

The group will meet at Tenerife South Airport.

A single transfer from Tenerife South Airport to the ferry terminal at Los Cristianos is provided on Day 1. This transfer will depart Tenerife South at approximately 1230 (depending on the latest ferry timetable).

The ferry from Los Cristianos in Tenerife to/from San Sebastian in La Gomera is included in the holiday price.

At the end of the holiday a group transfer will be provided from the ferry terminal to Tenerife South Airport.

Anyone may join the group transfers by prior arrangement. Travelling as a group or on public transport saves energy. If this is not practical, we can provide private transfers at an additional cost. Taxis are also available.

Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

All breakfasts, 6 lunches and 3 dinners are included in the holiday price.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some 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 meals 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.

Food & Water

Water from the taps may not be drinkable in all locations on this trip - please check with your guide. We recommend taking water purification tablets and a reusable bottle with a filter such as **Water-to-Go**, which can both be used to help make safe other water sources. Please note that we do not encourage the purchase of single use plastic bottles.

Accommodation

For our 2 nights in San Sebastian we use an excellent 3 star hotel. For the remainder of the holiday we will stay in a variety of small comfortable family-run hotels and apartments with en suite rooms/ private bathrooms.

Accommodation is twin share. If you are travelling by yourself, you will be paired with another single client of the same sex. Single rooms are available for a supplementary cost. If you are planning to extend your holiday, additional nights at the group hotel are available on request.

Group Leader & Support Staff

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

Altitude

This holiday does not involve any significant ascent to altitude and we would not expect any altitude issues with this trip.

Spending Money

Approximately 150 - 200 Euros should be sufficient for miscellaneous expenses, including a reasonable amount of wine with meals. If you are intending to buy expensive souvenirs, you should budget accordingly. ATMs are available in most towns and credit cards can be used in most places on this trip.

Baggage Allowance

For this holiday you should take one piece of luggage and a daypack. Luggage with wheels is useful for this holiday. For international flights please check your baggage allowance with your airline.

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 the ‘Dates and Prices’ table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required**,** and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

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.

Currency

The currency for part or all of this holiday is the Euro.

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. La Gomera has its own mini micro-climate. The north of the island tends to hold more cloud and has higher rainfall than the drier south and western parts. As a result, La Gomera is the greenest of the Canary Islands and particularly in the north is covered in verdant forest. During the period from September to March, we can expect daytime temperatures ranging from 16 to 24 degrees Centigrade, becoming progressively cooler as we gain height in the mountains. When walking in the cloud forest of Garajonay temperatures can be even lower than this so some warmer clothing than traditionally required for the Canary Islands is appropriate for this holiday. In April and May it will be a few degrees warmer than the above figures but still pleasant for walking in the mountains. Evenings can be chilly so you should remember to bring a few warmer items of clothing.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'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 before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

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 FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO 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.

Books

- Walking on La Gomera and El Hierro by Paddy Dillon from Cicerone.
- La Gomera: A Guide to the Unspoiled Canary Island by Tim Hart
- Canary Islands travel guide, Lonely Planet

Maps

La Gomera Kompass-Verlag

Part of a Canary Islands series specifically designed for walkers, this map at 1:30,000 has a contour interval of 50m, relief shading, spot heights and names of peaks and mountain ranges. Walking trails and various geographical features are shown. A simple, clear and up-to-date 'walkers' map of La Gomera is also available in San Sebastian.

Private Groups Information

Make this KE Adventure holiday your own!

- Do our normal group departure dates not fit?
- Would you prefer to travel with just friends and/or family?
- Are you looking to organise a trip for your local walking, biking or mountaineering club?

It's really easy to make a trip your own. Simply select from our full range of adventure holidays and choose the dates that work for you and your group.

We are experts in creating holidays for groups of friends, families, charities and clubs. Our personal service means you'll be fully involved as we make the arrangements for your perfect adventure holiday.

Independence with Security

Travelling as a KE Private Group allows you more flexibility and choice, but still with the peace of mind that everything is pre-planned and arranged for your group by a reputable adventure travel company.

To take your first step to an amazing adventure with your friends and family complete the private group enquiry form, or call our **Sales Experts on: 017687 73966**

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.

Equipment Information

Equipment List

Please try to keep the weight of your baggage to a minimum. See the 'baggage allowance' section for further details.

You SHOULD bring the following items:

- Hiking boots (these should be sturdy with a good tread on the sole and with ankle support)
- Socks
- Trekking trousers
- Lightweight waterproof overtrousers
- Baselayer shirts (long sleeved and short sleeved)
- T-shirts and/or casual shirts
- Fleece jacket or similar
- Waterproof jacket
- Lightweight thermal gloves
- Warm hat
- Sunhat
- Sunglasses
- Daypack c. 20 litres
- 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
- Basic First Aid Kit including: Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment, insect repellent, and re-hydration salts (Dioralite).

The following items are optional:

- Trekking poles (highly recommended)
- Trainers or sandals
- Shorts
- Swimwear and towel (for hotel pool)
- Camera and batteries
- Headtorch and spare batteries
- Spare laces
- Penknife (for picnic lunches)
- Reusable cloth bag for shopping (to avoid plastic bags)

Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

Land Only Information

We sell this holiday on a Land Only basis allowing you the flexibility to choose the travel method which best suits you. The holiday starts at Tenerife South Airport. A single timed transfer to/from the ferry port at Los Cristianos and the ferry journey to/from La Gomera is included.

Why Choose KE

Why KE

On this La Gomera adventure we've included 6 fabulous days of walking. One customer review described it as "STUNNING SCENERY AND FANTASTIC HIKES IN A SERENE SETTING" and we have to agree.

Please Note This document was downloaded on 11/11/2026 and the trip is subject to change