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Bespoke adventure travel & events since 2000

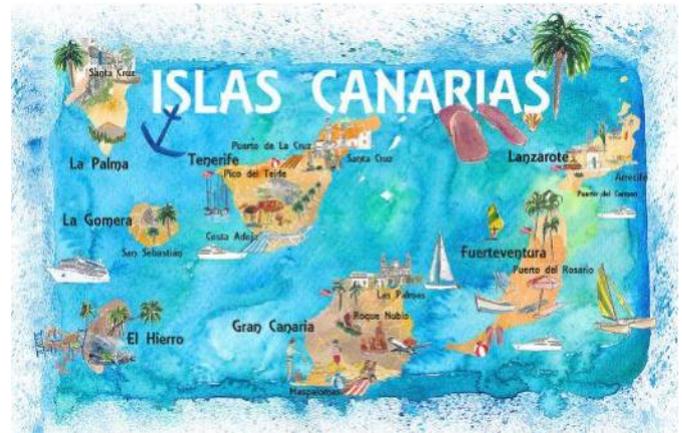
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Apto. Correos 1031, 29680 Estepona, Malaga, SPAIN TEL (34) 635 817 819



Canary Islands (Spain)

2 Island Hiking Discovery Tour Hiking & Cultural Discovery Tour

Join us on this tailor-made exploration of Spain's Canary Islands – a volcanic wonderland found only 62 miles west of the African continent. Renowned for its exotic sub-tropical desert terrain, miles of beaches and coves and exciting canyons, the Canaries are one of Europe's stand-out destinations for adventure travel! This diverse **hiking tour** visits two of the eight Canary Islands. We've chosen **Tenerife** and **Gran Canaria** as they offer easy access to / from the continent; great infrastructure and outstanding nature – both mountain and ocean based. Expect your days to be filled with scenic hiking opportunities to match your level, ocean swims, sampling **Canarian cuisine**, comfortable / well-placed hotels and many more features! We also add **snorkelling**, **kayaking** and visit interpretive centres and charming villages in a variety of destinations. Welcome to the Canary Islands, come discover the Hawaii of Europe!



Who's This Tour For?

This tour is designed for light to moderate hiking interests with opportunities to explore the island's natural spaces & cultural highlights. Expect to be on your feet throughout the day but the routes are not excessive nor overly difficult. The comfort level of the trip is high with well-appointed 4 star hotels near the ocean, short, private air-conditioned transfers to and from the activity sights and a great guiding team to look after all the details!

ITINERARY



DAY 1 Tenerife, Canary Islands, SPAIN

There are direct flights to **Tenerife Island** from all major hubs in Spain and the EU in fact. Tenerife is not only famous for its volcanic landscapes, beautiful sun-swept beaches and wonderful cuisine – it also has Spain's highest mountain, **Mount Teide** rising above the ocean to 12,188 feet. Today there are no activities planned and a private group transfer (1 hr 15 min), takes you to our seaside hotel where there's perhaps time to stroll the coastal path (paseo) before dinner. We have 3 nights stay on Tenerife, in the same hotel. **Hotel Barcelo, Santiago 4 star "Los Gigantes"** in south west

Tenerife. <https://www.barcelo.com/es-es/barcelo-santiago/> Dinner included.



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DAY 2 Tene Nature Reserve Hike to Masca

This morning we shuttle 20 minutes to the region of Masca, in the **Tene Mountain Reserve**. Reknown as an area of natural beauty, it offers a glimpse of quintessential Tenerife landscapes with charming farms, mountain ridges and sea views throughout. The hike is from **Santiago del Tiede** village to **Masca** hamlet. The route can be one way or 'out and back' 6 miles total (or 3 miles each way), with an overall elevation gain of 1800 feet. Note, it's worth visiting the interpretive centre on volcanos in Santiago before or after the hike. Time

permitting today, we also suggest a **2 hour Kayak Experience** (beginners welcome) from our hotel base. Kayaking is not included in the tour program – leaving it as an optional, local payment activity. Private transfers by taxi or mini bus are provided for the hike today. Same hotel as previous night. *Breakfast & dinner included.*

DAY 3 Gentle Hike, Cable Car, or Climb option of Mount Teide Volcano (12,188 ft)

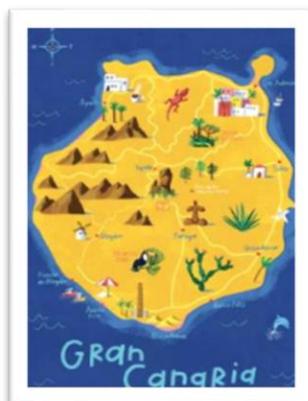
Today is a fully committed to visiting the iconic **Teide Volcano National Park**, a UNESCO World Heritage Site and Spain's highest geographic location. To reach the Teide National Park, it's approximately 1 hour minimum to drive to the park itself from our coastal base. Same hotel as previous night. *Breakfast & dinner included* This fascinating volcanic landscape can be visited in various ways:

A. **Climb Mount Teide Summit** (free permit required – request online) via the official *Montaña Blanca* (number 7) trail. It's 5 miles one way and elevation gain 3300 feet. The route takes 5-6 hours one way. The hike (climb), begins at 8900 feet and finishes at 12,188 feet. Most hikers descend via the cable car after they summit.

B. **Take the Cable Car** from the base (7730 feet) to the upper station *La Rambleta* (11,663 feet) and then hike up ½ mile to the summit (12,188 feet), normally taking 40 min one way. Cable car price is approximately 22€ one way and 39€ return.

C. **Do a non-summit hike in the National Park**. A popular trail to really experience Teide's incredible landscapes is the *Parador Hotel to Guajara Loop* / 6 miles / 4.5 hours / 2000 feet gain / starting at 7094 feet altitude - this trail is a loop. Or the easier **Roques de Garcia** circuit from the *Parador Hotel* 2.6 miles / 1.5 hours / 556 feet gain and this hike begins at 7094 feet elevation. Lastly, one can also do the *Cable Car* visit, hike to the summit and then hike the 2.6 mile *Roques de Garcia* circuit (time permitting), and visit the *National Park Interpretive Centre* at either the *Parador Hotel* (trailhead), or the *Portillo Park Centre* – both which we'll pass through today. For more Hiking information for Teide:

<https://www.volcanoteide.com/en/complete-guide-on-how-to-get-up-mount-teide-peak>



DAY 4 Ferry to Gran Canaria Island / Half day hike

This morning we transfer 1 hour to Tenerife's capital, **Santa Cruz** to board our 1 hr 20 min direct ferry to the port of **Agate** on Gran Canaria Island. Known as the 'mini-continent' Island, **Gran Canaria** holds many treasures due to a wide variation of landscapes, wilderness, charming coastal towns and laid-back island culture. Upon arrival, we'll hike the **Valley of Agate** - a 3-6 mile route / 1000 feet gain (or part of it – time permitting, making an out an back hike as an introduction to the island). Other hiking options today are available. To reach our hotel base at **Puerto de Mogan**, we transfer an hour or so by private bus. 3 nights accommodation at **Hotel Cordial Mogan Playa 4 stars**

<https://www.becordial.com/gran-canaria-sur/hotel-cordial-mogan-playa/>

Breakfast & dinner included.



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DAY 5 The Camino de Santiago of Gran Canaria

Today we hike Gran Canaria's popular **Camino de Santiago** route from **Llanos de la Pez** to **San Bartolome de Tirajana**. Known as the Camino, it's one of Gran Canaria's historic *Caminos Reales* (King's Highways). Starting at the very central highlands of the island, the trail's in view of attractive sites such as the iconic **Nublo Rock** and the highest summit, Pico de las Nieves. A private bus transfer of approximately 1 hr 20 min / each direction is required today. It may be a long transfer, but the views are spectacular! On return, we can stop at the iconic **Dunes of Maspalomas** for a walk / swim in sea or

an optional **camel ride** over the dunes! Hiking today approximately 6 miles with 700 feet elevation gain. Same hotel as previous night. *Breakfast & Dinner included.*

DAY 6 Puerto Mogan Snorkel / Boat Cruise & Afternoon Free Exploration Time

Today we take to the sea for our final activity on the Canary Islands! A great way to experience the Canaries from a safe, comfortable boat designed for snorkel groups with lunch and drinks served on board. Our tour departs at 1030 and departs walking distance from our hotel. Return time is 1:30 pm. All snorkel equipment, snacks and beverages are included. This afternoon you are free to relax, go for lunch or perhaps rent a bike and explore further afield! Bicycle rental (E-bikes as well), can be easily done in English with: <https://www.free-motion.com/en/gran-canaria/> Same hotel as previous night. *Breakfast & Dinner included.*



DAY 7 Departure

This morning we provide a 'group' transfer of 45 minutes to **Gran Canaria International Airport (LPA)**. From here you can connect to Madrid, Barcelona or Malaga or take international flights to connect to your home flight. *Breakfast included.*

TOUR ADD-ON CONSIDERATIONS!

Why not extend your tour of the Spanish Canary Islands! We can organize ADD-ONS to **Fuerteventura** and/or **Lanzarote** Islands. Here we find exotic desert landscapes, quiet natural spaces for hiking, biking and coastal rambles that offer insanely beautiful views!



Fuerteventura Island has some of the most exotic desert landscapes imaginable – including some rare plant species and migratory birds. Offshore we find incredible ocean life and at night, breathtaking star shows!



Lanzarote Island is a paradise for coastal explorations, perhaps try your hand at surfing and/or enjoy our coastal hiking paths and hidden coves for refreshing swims along the way!

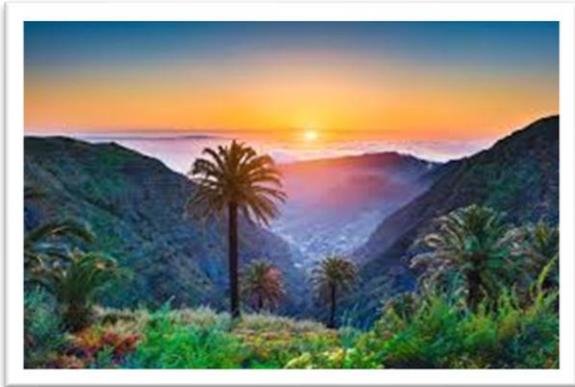
Consult with us directly on how to make the most out of your Canary Islands Adventure!



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ABOUT YOUR TOUR, WE INCLUDE:

Lodgings – We provide 6 Canary Island tour nights' in two locations. Expect high quality 4-star hotels located in specially selected coastal regions on the south of both islands. Rooms are based on double sharing with single supplements available. All hotels have WIFI and both have swimming pools, and are located right near the beach.

Meals – Meals are generally taken within your hotel (and at times in the villages). Dinners are all included however beverages are separate. Lunches are not included and can be sourced locally. Breakfasts are buffet style with a variety of options.

Transport – During airport & ferry transfers and hiking days, we have a private coach for our use. Transfers outside of the arranged group times are not included.

Guiding Services & Activity Fees

Your hiking guide from Adventurebug will be leading this Canary Island hiking program. All arrangements & bookings are made by Adventurebug Ltd a licensed activity company based in Spain. Activities included are listed in the above itinerary and additional entrance fees and / or museum visits, etc. must be covered by the participant.



Non Inclusions on this Tour:

To make the most of your holiday experience, we leave out some meals & activities – offering you free choice and a chance to enjoy some freedom on the tour! The following are not included:

- *Drinks and beverages at meals*
- *Additional activities not listed as included in the itinerary (ie. Bike rental, Kayak Excursion, etc)*
- *Pre or post tour additional hotel stays and transfers*
- *Additional airport transfers (if not travelling with the group or require a private shuttle)*
- *Optional hotel housekeeping tips & personal expenses, telephone bills, mini bar, room service, etc.*
- *Expenses related to delays, cancellations, loss of luggage, etc. (for this reason we recommend you take out travel insurance that has cover for travel disruption or cancellation)*
- *Private travel insurance (health, accident, repatriation, cancellation, etc.)*



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ABOUT THIS TOUR

WEATHER

The weather in the Canary Islands is pleasant. Expect early November to be a mild, though not hot for active travel. Although the days are a little shorter, the temperatures are excellent – mostly in the mid to high 70s on average and mid 60s at night. The mountain regions above 5000 feet will be naturally cooler so be prepared for warmer layers. If going up Teide Volcano (12,000 feet), bring a warm hat / gloves! Rain and winds can appear at times but the region's rainy season largely begins in late November. Still, be prepared for light showers at times. Be sure to pack a swim suit and light towel as there are many places or hopping in the Ocean and / or using the hotel pools!

PERSONAL MONEY

Outside of the meals not included in your tour price, you may wish to have some Euros for other purposes. This could include visits to taverns for tapas and beverages or extra drinks during/after dinner, local souvenirs and any sites you may visit independently.

Exchanging money between your currency and the Euro is easy. Some options are:

- *To buy or bring Euros from your bank at home*
- *Use your bankcard in Spanish bank machines (good rates of exchange and low fees – pending your bank card arrangements from home – remember to tell your bank at home you will be using your ATM card in Spain!)*
- *Buy Euros from banks and moneychangers in Spain*
- *Pay with your credit card (used everywhere in Spain)*

TELEPHONE AND INTERNET SERVICES IN SPAIN

Credit Cards may be used for International calls or a Spanish Phone Card can be purchased for a certain value. Additionally, you can access an International Operator by dialling 025 from any phone. INTERNET wifi is available in all our hotels - including some cafes throughout the region. Please note, hotel wifi connection always in the common areas but not always guaranteed in rooms.

INSURANCE

Please ensure, as a condition of travelling with Adventurebug that you have taken out personal travel insurance which covers you for accident, injury, evacuation and general health and cancellation insurance for travel. Adventure bug is a licensed operator of Adventure Travel and thereby has necessary permits but we cannot cover personal accident, health and travel cancellation insurance for our participants.

TIPPING

Tipping for meals and transport services (buses, etc) are included. Optional tips for hotel services, any porter services (on/off ferry if necessary), not associated with the tour are not included.

HEALTH & SECURITY

The Canary Islands have few annoyances or serious health problems. Society is very laid-back, non-violent and like everywhere in Spain and the EU, using common sense with money, personal handbags, cell phones, cameras, etc. is generally advised. Always best to keep your valuables out of view and don't flash around objects of value.

CONTACT NUMBERS:

Adventurebug Worldwide is your specialist operator for this tour. Contact numbers are as follows:

Adventurebug 24 contact (mobile / cell)	+34 635 817 819
Adventurebug Office contact	+34 952 894 308
Adventurebug Office EMAIL	info@adventurebug.com
European Emergency Number (All languages)	112 (similar to 911 in North America)