



**ADS VENTURES**  
WALKING HOLIDAYS & SHORT BREAKS

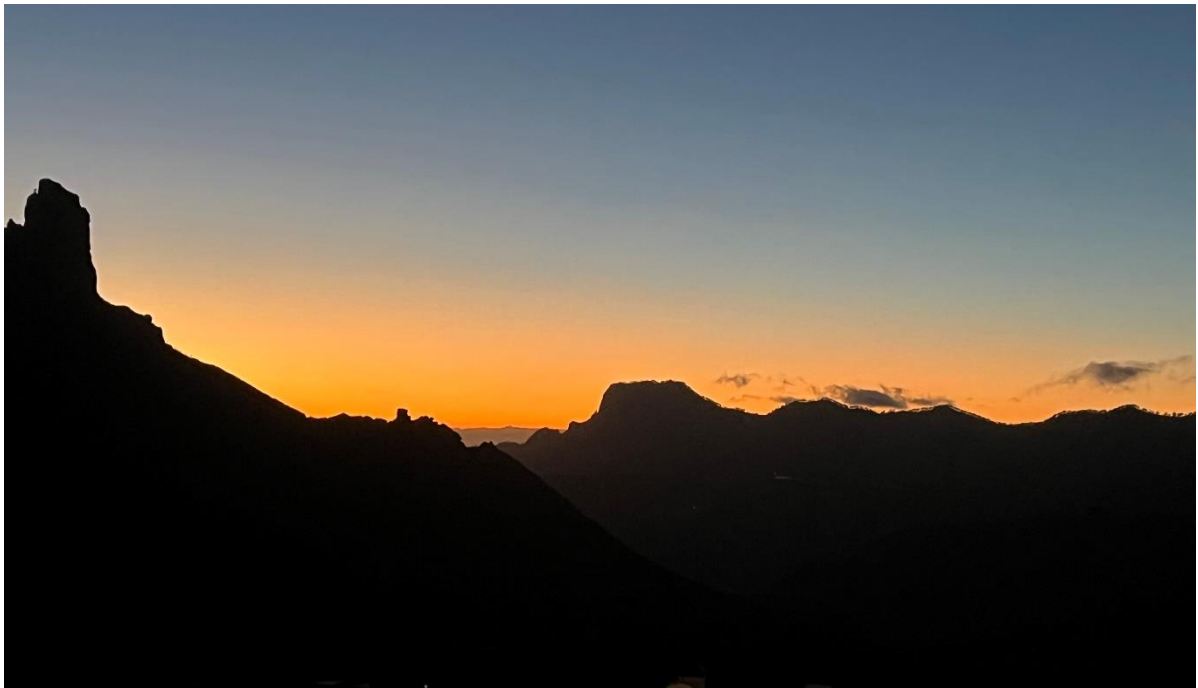
# GRAN CANARIA

Trip notes

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## Gran Canaria

Explore the vast and varied landscape of the 'miniature continent' of Gran Canaria on this two-centre holiday.



- 7 nights 5 days walking
- Departure date: Saturday 8<sup>th</sup> March 2025
- Cost £ 1175
- Sole occupancy supplement £ 250

- Grade

Often referred to as a miniature continent with its extraordinarily varied landscapes, volcanic Gran Canaria offers world class walking. On this holiday we will discover its dramatic scenery on foot; exploring steep gorges, high peaks, and volcanic craters on well-

made and maintained paths to take in sweeping views not just across the dramatic iconic rock formations of Gran Canaria but also across its coastline to neighbouring islands beyond.

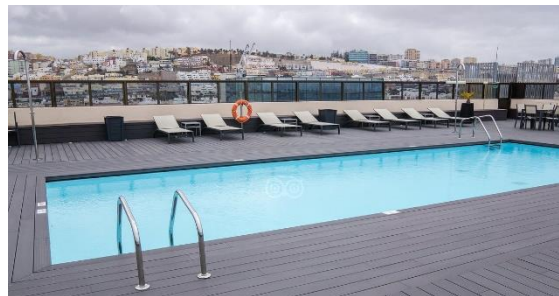
## Accommodation

We use two centres for this holiday. These two very different and contrasting centres have been chosen to give a true flavour of the different aspects of Gran Canaria; its cosmopolitan sea-fronted capital and the peaceful breathtaking mountain setting of the interior. The first 4 nights will be spent in the capital of Gran Canaria, Las Palmas, at the 4\* Hotel Iberia Las Palmas. The remaining 3 nights are spent in the mountains of Gran Canaria at the 3\* Hotel Fonda de la Tea in the village of Tejeda.

Breakfasts are taken in the hotel; evening meals are taken in the hotel or in local restaurants.

### Hotel Iberia Las Palmas: 4 nights

The Hotel Iberia Las Palmas is a four-star hotel located in the Vegueta area of Las Palmas, close to the old colonial district and main shopping area of the city. All rooms are modern and ensuite and there is a rooftop swimming pool with far-reaching views across the city. Breakfast will be taken in the hotel and dinners in local restaurants.



### Hotel Rural Fonda de la Tea, Tejeda: 3 nights



The Hotel Fonda de la Tea is a 19th century inn which has been extensively renovated to give a harmonious combination of traditional Canarian architecture with all modern conveniences. Rooms are carefully and tastefully decorated, and all are ensuite. There is a typical Canarian patio, an ideal spot for a post walk drink while viewing the sunset. And the sunsets are stunning!

Tejeda itself is considered one of the most beautiful towns in Spain, mainly due to its stunning location. Situated at 1050 metres above sea level, there are unique views across the Caldera Tirajana to Roque Nublo, one of Gran Canaria's most distinctive landmarks, from almost every point in the town.

Meals are taken in the hotel restaurant a few doors away from the hotel.

## Included

- Half board ensuite accommodation.
- Guided walking on 5 days, with a further day free for you to explore the island.
- All transport to and from walks.
- Baggage transport between centres.
- 6 evening meals taken in the hotel or local restaurants. The evening of the day off is free for you to sample local restaurants.

#### **Not included**

- Flights -you book these yourself, but please do not book until the minimum number for the holiday is reached. I will let you know when this is.
- Lunches
- One evening meal
- Incidental expenses such as bar bill etc
- Transfers to and from the airport, however, please see information below.

#### **Transfers**

Transfers are not included in the holiday cost. On arrival, the hotel in Las Palmas is a 5-minute walk from the main bus station. A bus from the airport costs 3 euros or a taxi approximately 35 euros. More detail will be included in the final joining instructions.

On departure the hotel in Tejeda is further from the airport. There is no direct bus, however, you could take a bus down to Las Palmas, changing at San Mateo, and then out to the airport or if you wish me to, I can organise people into small groups to share the cost of a taxi. A taxi from Tejeda down to the airport costs approximately 80 euros per taxi.

#### **Detailed Itinerary**

The following is the proposed itinerary for this holiday. However, please bear in mind that in the event of local conditions changing, for example, due to weather or other unforeseen circumstances, it may be necessary to change the itinerary.

#### **Day 1**

Arrive in Gran Canaria and transfer to Hotel Iberia Las Palmas.

Meet at 7pm in the Hotel bar for a short briefing about the week ahead before dinner.

**Meals included: dinner**

#### **Day 2: Bandama Crater**



Bandama Crater is a classic Gran Canarian walk, during which we get to thoroughly explore this perfectly formed crater. We take the bus from the central bus station (a 5 minute-walk from our hotel). Once in Bandama we climb the peak above the crater, circumnavigate it, and descend the crater itself, as well as exploring a set of Gauche caves set spectacularly into its sheer walls. There may even be time to visit a local winery and taste

the wine there before returning to Las Palmas!

**12 km, 500 m ascent/descent**

**Meals included: breakfast and dinner**

### **Day 3: Barranco de Guayadeque to Tenteniguada**

We start today's walk in one of Gran Canaria's lesser-known beauty spots the Barranco de



Guayadeque - a steep sided valley full of spring flowers and some of the finest cave-house settlements on the island. We take taxis from the hotel into the Barranco and then ascend gradually to the Caldera de Los Marteles. On our descent we pass below Roque Grande through breathtaking scenery with views over the rocky craters and peaks of Tenteniguada to the village of Tenteniguada itself, from where we travel back to the hotel.

**13 km, 600 m ascent, 700 m descent**

**Meals included: breakfast and dinner**

### **Day 4: Free Day**

Today is free for your own exploration of Gran Canaria. In Las Palmas you may want to just relax on the beach, visit the cathedral and old colonial centre of the city or explore the shops; all are close by. The Poema del Mar aquarium is highly regarded as are the botanical gardens both a short bus ride away. Boat trips and city tours are also available.

Alternatively, you may want to visit one of Gran Canaria's colonial towns such as Teror, Agüimes or Agaete. All can be reached by bus and offer a lovely contrast to Las Palmas and Tejeda.

**Meals included: breakfast**

### **Day 5: Artenara to Tejeda**

Today we completely change the scenery of our holiday and travel to Tejeda to spend the remainder of the week in the high mountains of Gran Canaria.

We travel by private transport to drop our bags at the Hotel Fonda de la Tea before continuing on to the attractive village of Artenara for our walk. From there we ascend slopes forested with Canarian Pine with fine views over the spectacular Cumbre Mountains before descending to Cruz de la Tejeda. We will pause here, you may like to have a drink in the mirador café of the Parador with its spectacular views down to Tejeda and over to Roque Nublo. We then continue our descent to Tejeda to settle into our new hotel for the remainder of the week.

**13 km, 550 m ascent, 720 m descent**

**Meals included: breakfast and dinner**

### **Day 6: Las Lagunetas to Tejeda**

This morning, we take the public bus to Las Lagunetas. We ascend the Barranco de la Mina to take in the stunning views from the mirador at Degollada de la Cumbre into the Caldera de Tejeda, and over to Roque Bentayga which alongside Roque Nublo is one of Gran Canaria's iconic rock formations. From here we descend to La Culata, returning to Tejeda via the Cruz de Timagada.

**13km, 600 m ascent, 750 m descent**

**Meals included: Breakfast and dinner**



### **Day 7: Roque Nublo from la Culata**

Today we walk up to one of Gran Canaria's iconic rock formations visible on the skyline from many points on the island, Roque Nublo. We take taxis to La Culata and slowly ascend to the base of Roque Nublo. Incredible views open out in front of us as we climb, both across Gran Canaria and over to the other Canary Islands beyond. We descend via a different route to la Culata; stopping in the café there for a drink before continuing to Tejeda.



**14 km, 550 m ascent, 700 m descent**

**Meals included: breakfast and dinner**

## **Day 8:**

Depart Tejeda for Las Palmas airport. Transfers are not included but please see note under transfers above.

**Meals included: breakfast**

## **Kit list and maps**

### **For walking each day**

Please note that whilst we hope that it will be warm and sunny in Gran Canaria, as a small island it is prone to changeable weather and that some of the walks take us to relatively high altitudes ie it could be cold! Additionally Tejeda is at an altitude of 1050 m and so even if warm during the day, it will feel chilly at night.

- Good walking boots or shoes suitable for rocky terrain.
- Walking/trekking poles strongly recommended for this trip
- Waterproof jacket and trousers
- Lightweight, quick drying trousers
- Base layer
- Mid-layer such as a fleece jacket and an additional 'spare' layer depending on the forecast
- Walking socks
- Warm hat and gloves -just in case the weather turns
- Sun hat, sunglasses, lip salve and high SPF sun block
- Day sack (25 litre capacity is a good size) to comfortably carry your kit, lunch and water
- Dry bag or rucksack cover to keep the contents of your daypack dry
- Water bottle
- Basic first aid kit (plasters, blister treatment, antiseptic etc)
- Some snacks to keep you going

**Maps:** Gran Canaria tour and trail super durable map.

### **Group size**

This guided holiday will have a maximum group size of 14.

### **Personal expenditure**

All breakfasts and six evening meals are included in the holiday cost.

You will need enough money to cover lunches, one dinner and incidental expenses such as drinks.

**Insurance**

It is a condition of booking (see terms and conditions) that you have insurance for this holiday.

**Any other queries, please get in touch with me.**