




LANZAROTE & GRACIOSA self-guided

Volcanic hikes in the Canaries




Lanzarote is the most eastern island of the Canary Islands. During your stay, you will hike in volcanic landscapes almost lunar preserved by the Timanfaya National Park. You will also discover the east of the island, greener, where the slopes are covered with carpet of flowers forming wonderful paintings. To the north of these mountains, impressive cliffs plunge into the ocean and offer beautiful viewpoints on the Graciosa. This small island has beautiful villages and landscapes of dreams, including deserted beaches, certainly the most beautiful of the Canaries, which you will explore for two days on foot.

Through the hikes we offer, you can also discover and visit the most beautiful achievements of César Manrique: Mirador del Río, Cactus Garden, Jameos des Agua, Cuevas de los verdes, César Manrique foundation...

 8 days

 Self-guided / without a guide

 With or without baggage transport

 Accommodation : Comfort (room)

 Level : *

 From : 375€

You will like

- The most beautiful hikes on the island of 300 volcanoes
- The works of César Manrique, painter, sculptor and contemporary architect
- The atmosphere of the small island of Graciosa
- Ideal destination for families

The route

Day 1

LANZAROTE - ARRECIFE

Meeting point in Arrecife. You will be collected from the airport and taken to your accommodation.

Accommodation/meals: Night only or night + breakfast in the apartment, depending on the package chosen.

Day 2

GUINATE VALLEY AND MONTE CORONA

Hiking in the north of the island from the Miradors de Guinate and del Rio. A magnificent ridge walk between the terraced fields of the Guinate valley and the cliffs of Risco de Famara. After ascending the Los Helechos volcano to an altitude of 581 m, the route skirts the majestic Monte Corona (ascent optional) through the Ye vineyards.

Accommodation/meals: Overnight stay or overnight stay + breakfast in an apartment, depending on the option chosen.

There are two options for this walk:

Shorter loopt: 7.2km - 2h30 walk - elevation: +375m; -375m

Longer loop: 17.5km - 6h30 walk - elevation +980m; -980m

Day 3

TIMANFAYA NATIONAL PARC AND CALDERA BLANCA

Morning: visit to Timanfaya National Park, made up of volcanic debris. Visit the interpretation centre and take a 1-hour coach trip through the island's most recent volcanoes (paying excursion).

Afternoon: climb the impressive Caldera Blanca volcano (458m) on the outskirts of Timanfaya National Park. The path around the crater provides a good overview of this very representative volcano.

Accommodation/meals: Night only or night + breakfast in an apartment, depending on the option chosen.

10km - 3h30 walk - altitude difference: +390m; -390m

Day 4

ILE DE GRACIOSA - MONTANA AMARILLA

From the small port of Orzola in the north of Lanzarote, set sail for the small island of La Graciosa (20-30 minute crossing). Discover the south coast and climb the small Montana Amarilla volcano. Enjoy unforgettable views not only of this little lost paradise, but also of the entire western fringe of Lanzarote, including the Risco de Famara, a majestic cliff 550 metres high. Return to Lanzarote by boat in the early evening. Night only or night + breakfast in a flat, depending on the option chosen.

11km - 3h30 walk - altitude difference: +300m; -300m

Day 5

FROM HARIA TO TEGUISE

A linear walk from the magnificent palm grove of Haria to the former capital of the island, Tegui. Follow an old path that takes you through the Malpaso valley, the Peñas del Chache (highest point on the island at 670m) and the Ermita de las Nieves before the beautiful descent to Tegui. Return to Haria by scheduled bus.

Accommodation/meals: Night only or night + breakfast in an apartment, depending on the option chosen.

15km - 5h walk - altitude difference: +680m; -650m

Day 6

LOS AJACHES NATURAL PARC

The hike takes you through a wild, 'western' setting in the heart of the island's oldest volcanic massif, listed for its natural

geological and palaeontological riches. From Playa Quemada, the route climbs to the peaks overlooking the verdant Yaiza valley, before descending to the rocky cliff-fringed coastline. On the way back, there are some lovely little beaches where you can take a welcome break.

8.5km - 3h30 walk - altitude difference: +500m; -500m

OR THE VITICULTURAL PLAN DE LA GERIA - ASCENSION OF GUARDILAMA

Cross the magnificent plain of La Geria, a wine-growing area where each vine has been planted in a cone of volcanic slag protected from the wind by a low dry stone wall. Climb to the top of Guardilama (603m) for an unforgettable panorama of this unique site and the whole of the southern part of the island of Lanzarote. Malvasia wine tasting in the local bodegas.

4km - 2h walk - altitude difference: +300m; -300m

Accommodation/meals: Night only or night + breakfast in a flat, depending on the option chosen.

Day 7

GRACIOSA ISLAND - PERDRO BARBA AND THE PLAYA DE LAS CONCHAS

For good walkers, return to La Graciosa via the small port of Orzola. Hike along the coastal path to discover the forgotten village of Pedro Barba and the heavenly beach of Las Conchas. Return to Lanzarote by boat at the end of the day.

18.5km - 5h to 6h walk - altitude difference: +230m; -230m

OR IN LANZAROTE:

EL GOLFO - THE PLAYA EL PASO PATH

Coastal path over lava flows, with lava tunnels, arches and cliffs. South of the village of El Golfo, you can discover the green lagoon.

6km - 2h walk - difference in altitude: +180m; -180m

Day 8

LANZAROTE - ARRECIFE

Return of the car at Arrecife airport.

The programme has been drawn up according to the latest information available at the time of writing; unforeseen circumstances are always possible and situations beyond our control may alter the programme.

The trip

LEVEL *

Ascent: +/- 100 to 525 m on average per day (one optional hike with 870 m ascent and descent).

Walking time: 3 to 6 hours per day.

Type of walk: No technical difficulties. Some hikes can be shortened by taking alternative routes. This walking programme is suitable for children aged 10 and over.

ACCOMMODATION

Option 1: village flats in Caleta de Famara (not available in July/August)

For 2 to 4 people, flat in a village house by the sea (1 double bedroom + 1 bedroom with 2 single beds, bathroom, fully-equipped kitchenette, lounge, linen provided). For swimming, there is a small sheltered beach (but not supervised) 20 minutes from your accommodation, with calm currents ideal for a refreshing dip. In the village, you'll find a supermarket, bar and small fish restaurants.

Option 2: Club flats in the Costa Teguise seaside resort

Hotel located in a seaside resort 300 m from the beach (outdoor swimming pool). Flats for 2 to 5 people with bedroom(s), bathroom, fully-equipped kitchenette, living room; linen provided.

The flats are equipped for 1 to 2 people with a bedroom with two single beds, for 3 to 4 people with two bedrooms (one with two single beds and one with a double bed 140), for 5 people with a one-bedroom flat (with two single beds) and a two-bedroom flat (one with two single beds and one with a double bed 140). Access to this accommodation is reserved for adults aged 18 and over. All amenities.

MEALS

Option 1- apartment in a village : all meals at your own expense.

Option 2 - appartement club in a seaside resort : overnight stay + breakfast, half-board option available (7 dinners).

CAR RENTAL

You have booked a car hire holiday. You will find below the rental conditions of our partner AVIS. The rates quoted are those provided at the beginning of the year, but may be revised without notice by the rental company.

If you wish to take out certain options, you must do so directly with the rental company when you collect your vehicle.

To ensure that you have complete peace of mind when collecting your vehicle, please read the explanatory document that will be supplied with your travel pack.

Service plus: when you register, we can offer you the opportunity to take out some of the options not included in the price in advance. Please contact us for prices and conditions.

The price includes:

- Car hire for 7 days, category B (type Volkswagen POLO) for 2 or 3 people, category D (type Volkswagen GOLF) for 4 people, category F (type Citroën GRAND C4 PICASSO) for 5 people.
- Unlimited mileage
- Local taxes
- CDW insurance, which covers repair of damage caused to the vehicle in the event of an accident other than theft or attempted theft
- TP insurance covering theft of all or part of the vehicle
- Taxes relating to the collection and/or return of the vehicle at the airport
- PAI protection (insurance for persons transported in the rented vehicle)

The rental does not include (costs/supplements to be paid locally):

- Fuel
- Additional driver: from €10/day depending on vehicle category
- Super CDW (full excess waiver): from €14/day incl. VAT, depending on the category of vehicle
- Super TP (total repurchase of excess): from €12.70/day including tax, depending on the category of vehicle

- RAP Protection (Extended Breakdown Assistance): from €5 inc. tax/day depending on the category of vehicle
- WDW Protection (Glass Breakage Insurance): from €5 inc. tax/day depending on the vehicle category
- Super PAI (Insurance for all passengers in the vehicle): from €6/day depending on the category of vehicle
- Young driver's package (under 25) from €21 inc. VAT/day (maximum 10 days billed on a one-month rental basis)
- Child seat package from €10 inc. tax/day
- Damage management costs of €78.65 incl. VAT/damage
- Fines: from €24 to €45 incl. VAT/fine
- GPS: from €10 inc. VAT/day (maximum 10 days invoiced on the basis of a one-month rental)

Rental conditions:

- Hold a driving licence valid for more than one year, which must be presented when the vehicle is collected (main and additional drivers).
- Present an international bank card (excluding Electron and Maestro) in the name of the main driver for the deposit.
- Unused days are non-refundable.
- In the event of an extension on site, the applicable rate will be higher than the prepaid rate.
- Supplements, options and excess buy-backs are given for information only and are payable locally.

CLIMATE

Oceanic climate. The Canaries are nicknamed the "islands of eternal spring". The average temperature does not exceed 25°C in August and does not fall below 18°C in January. This remarkable constancy is due to the cool currents, the north-easterly trade winds and the proximity of Africa. The water temperature stays between 18°C and 24°C all year round.

It's worth noting that there are no trees on the islands of Lanzarote and La Graciosa, so there's no shade, although the heat isn't too bad because it's often windy.

Practical information

DEPARTURES

All year round. No departures in July and August on the village option.

DEPARTURE AND ARRIVAL

Arrecife airport. Daily flights (direct or via Madrid or Barcelona) from Paris, Lyon, Marseille, Nice, Brussels and Geneva. Direct charter flights from Paris and several provincial cities.

INSURANCE

In accordance with regulations, we are covered by Professional Liability Insurance. Under no circumstances, we can replace your personal civil liability.
The repatriation insurance EUROP ASSISTANCE that we offer is dedicated to French speaking people living in Europe. If it is not your case, we advise you to subscribe to another travel insurance which will cover you in case of injury and repatriation during your trek.

If you chose to take out repatriation insurance with EUROP ASSISTANCE whom we propose, Altitude Mont Blanc will only serve as an intermediary between the client and the insurer. We cannot influence either party. We adhere to strict conditions of sale. You are responsible for compliance with the reporting procedures of any incident.

Before making any decision, contact EUROP ASSISTANCE.

CONTACT US

+33 (0)4 50 79 09 16 or +33 (0)6 42 49 76 07

Dates & prices

DEPARTURES AND PRICES

Tour 8 days/ 7 nights

Departure not possible in July and August on the option "village"

Apartments in the village:

From 01/01/24 to 30/06/24 and from 01/09/24 to 30/11/24

- €1010 for 1 person
- 550€ pp based on 2 people
- 425€ pp based on 3 people
- 375€ pp based on 4 to 5 people

Beyond 4 people, please contact us for a personalized quote request.

Apartment in a seaside resort:

Period A: 06/01 to 31/01, 10/04 to 30/06, 01/10 to 31/10/2024

- €1010 for 1 person
 - 590€ pp based on 2 people
 - 490€ pp based on 3 people
 - 460€ pp based on 4 to 5 people
- Supplement single room 255€

Period B: from 01/02 to 09/04- from 01/07 to 30/09/2024-

- €1075 for 1 person
 - €620 pp based on 2 people
 - €530 pp based on 3 people
 - €510 pp based on 4 to 5 people
- Supplement single room €255

For more than 5 people, please contact us for a personalised quote. Prices per person

Available options, on the seaside resort option:

- > reservation of 7 dinners
- > single room (mandatory for single departures)

THE PRICE

Includes:

- Apartments in a village: accommodation in a flat (2 - 4 people) for 7 nights
- Accommodation in apartments in seaside resorts (2 - 5 people) for 7 nights + 7 breakfasts
- Boat trip on day 4 to La Graciosa (return)
- Car hire
- Road Book, 1 copy per enrolment pack

Does not include:

- Coach trip and visit to Timanfaya National Park (approx. €16/person)
- Transport by scheduled bus on day 6 (approx. €5/person)
- Boat trip to La Graciosa on day 7 (according to your choice)
- Dinners and lunches for the service in a flat in a seaside resort
- All meals when staying in a village flat

- Drinks and personal expenses
- Sightseeing
- Insurance cover
- Registration fees

Your return journey from home to the point of departure/end point.

The price applies from departure to end point.

Equipment and baggage

RECOMMENDED EQUIPMENT

Clothes

For hiking:

- for maximum comfort, prefer a «multi-layer» clothing system: underwear (tights + swimwear) type "carline" or "capilene" (hollow fibers evacuating perspiration) + waterproof and breathable jacket or fleece jacket + mountain jacket and overpantaloon for bad weather.

In general and outside hot countries, avoid cotton that retains moisture near the body (and dries hard) in favor of suitable synthetic materials.

- Canvas pants - shorts - T-shirts
- 6-7 pairs of hiking socks
- 1 rain cape or small umbrella
- 1 sun hat, the ideal being a Saharan type cap with visor and neck protection
- 1 scarf to protect yourself from the sun and/ or the wind
- 1 cap and 1 pair of gloves, depending on the season and altitude always have them at the bottom of the bag

For the stage:

- change of clothes and comfortable shoes
- balls "Earplugs" or earplugs "Ear"
- minimum toiletries + towel
- swimsuit

The clothing list must be adapted to the season and region chosen.

Miscellaneous equipment

For the hike:

- 1 pair of hiking shoes (with waterproof and breathable membrane, type «gore tex» or equivalent) in which you are well! You have to «break» new shoes before going on a hike wearing them a few weeks before to avoid the inconvenience of blisters and warm-ups...
- 1 (or 2) pair of sunglasses with a minimum of 3
- 1 large sturdy plastic bag to wrap clothes and stuff in the backpack (in case of heavy rain)
- 1 bottle preferably isothermal of 1 L minimum. Drinking is essential when hiking, 2 gourdes from 1 to 1.5 L will not be luxury in summer and/or in dry and hot regions
- 1 folding knife type swiss knife + cutlery + cup
- 1 bowl type tupperware with lid for picnics
- toilet paper, tissue paper
- 1 pair of telescopic sticks, optional, but they are used to balance and lighten the weight of the body while descending, and help during the climb by rhythming the walk and in addition to pushing
- 1 pocket to hold your papers and values: passport or identity card, insurance contract, health card, vaccination certificate, plane tickets, train tickets, credit card, money...
- 1 small personal pharmacy (non-exhaustive list to be adapted according to your own medical needs): pre-cut sterile dressings, local antiseptic for external use (wounds), Elastoplasty and/or double skin (ampoules), Paracetamol analgesic type, Antidiarrheal and intestinal antiseptic, Antispasmodic, Antihistamine (allergies), physiological serum or eye drops, light sleeping pill, high protection sunscreen for the skin and lips, Biaffine type moisturizer (sunburn and burns), cream or antimoustitic spray, Arnica Montana in pellets 9 CH (soreness)...

For the stage:

- 1 pair of light sandals.

LUGGAGE

1 backpack from 30 to 40 L with airy back, adjustable and equipped with a belly belt, which can contain the food of the

day, the canteen, a protective clothing, the camera...

HOW TO REGISTER

- Online: www.altitude-montblanc.com
- By telephone: +33 (0)4 50 79 09 16
- By post: please provide your contact details
 - Surname, First Name, date of birth
 - Address
 - Email
 - Telephone
 - Mobile

If you wish to register by post, please complete the form below and return it to:

Altitude Mont-Blanc
62 Passage du Nant Devant
74110 MONTRIOND
FRANCE

Please specify whether you wish to take out an optional cancellation insurance (4.2% of the tour price).

On receipt of your registration we will email an invoice (per couple) with a request for a deposit of 30% in association with your account details at Altitude Mont-Blanc ('My Account'). Payment can be made by credit card, bank transfer or by cheque. On receipt of your deposit you will receive a registration confirmation.
The balance must be paid one month before departure without a reminder from us.
For self-guided tours, we will then send your tour pack (includes maps, descriptive book etc.)

Our terms and conditions of sale can be found on our website.

Do not hesitate to contact us if you have any questions.



Registration by mail form

Last name:

PRENOM:

Date of birth:

Address:

Phone number:

Mobile phone number:

Email address:

SEJOUR DEMANDE:

Number of days:

Insurance:

Price:

x 30% =

Deposit

Locality where signed:

Date

Signature:

A large, light gray rectangular box intended for the user's signature.

Return with your deposit to:
Altitude Mont-Blanc, 62 Passage du Nant Devant, 74110 Montriond, FRANCE