

Hiking program Valle Gran Rey 2019

We'll inform you about the geology, history, culture, fauna and flora of La Gomera on all hikes.



MONDAY: The Forest of Fables (national park)

Today we start our hike at the pottery village of El Cercado. But after a short while we already reach the oldest part of the laurel forest. Surrounded by wafts of mist we pass moss- and lichen-grown trees until we reach our picknick site in the middle of the forest. We continue our hike through this mystic part of the forest until we step into the warming sunlight again. Our last steps lead us to a restaurant where we wrap up the hike with Canarian dishes.

↑ 230 m ↓ 230 m ⌚ appr. 4 h 9 km Start bus: 9.30 a.m. Return at appr. 4.00 p.m. 32.00 €



TUESDAY: The Northern Coast (Bananas & Beach)

Our motto for today: Bananas & Beach. We start in the middle of the banana fields in Hermigua, in the presumably "healthiest climate worldwide" and get to know lots of interesting facts about the banana industry on La Gomera. From here we hike up to the mountain ridge of Los Montes and enjoy the views of the wide green valley while we hike on a ridge path. After the break we continue our way, passing old houses and terraces, until we reach the beach of La Caleta. There our hike ends at the beach bar; if the weather is good, we can refresh during a bathing break.

↑ 300 m ↓ 300 m ⌚ appr. 4 h 10 km Start bus: 9.30 a.m. Return at appr. 5.30 p.m. 32.00 €



TUESDAY: The Tour of the Island

Together we explore the island by bus and thereby discover the most important landmarks of La Gomera. After a first stop at the Mirador de Palmarejo, the restaurant designed by César Manrique, we ride to the potters of El Cercado, whom we'll look over the shoulder. On we go via Chipude into the national park with direction to Hermigua. On our way we'll take a short walk, afterwards we ride to the village of Agulo, the „Bombón de La Gomera“, situated on a plateau. On we go to the visitors' centre of the island, where we have lunch together. Then we ride to the "holy" springs of Epina via Vallehermoso. A day full of impressions and contrasts ends with our return to Valle Gran Rey.

↑ 50 m ↓ 50 m Start bus: 9.30 a.m. Return at appr. 5.00 p.m. 32.00 €



WEDNESDAY: The Rain Forest (national park)

From the highest point through the National Park to the Green Heart of the island! On this botanically guided hike we receive information about the relations between mosses, lichen and trees in this unique tropical mountain forest, the world cultural heritage of mankind. Passing the best-known pilgrimage chapel of the island, we reach the Green Heart of La Gomera; we have short breaks at both places. The hike ends at an old sough, where the bus is waiting for us (no opportunity for a break at a restaurant).

↑ 280 m ↓ 700 m ⌚ appr. 4 h 10 km Start bus: 9.30 a.m. Return at appr. 4.00 p.m. 32.00 €



THURSDAY: FLEX hike

Every Tuesday, we offer different ambitious hikes. Be it "The Ridge Path" or "The Dolomite Path", we always guarantee spectacular tours for fit hiking fans in an impressive landscape. Please ask in the Timah Shop in La Puntilla, for information on the current hikes.

↑ 500 m ↓ 500 m ⌚ appr. 4.5 h 10 km Start bus: 9.30 a.m. Return at appr. 4.00 p.m. 32.00 €



THURSDAY: Herbal Hike (national park/in German)

On our herbal hike, you will have the opportunity to get to know La Gomera and the national park from another view. During the smooth hike of approximately 3 hours, we will familiarise you with the medical and cultural plants of La Gomera. Our "herb witch" will impart lots of knowledge about the various uses of plants on La Gomera to you and will also give you tips for your everyday life. The tour will be completed by a break at the restaurant „La Montaña“ at Efigenia's, where a typical vegetarian meal with five courses awaits us.

↑ 190 m ↓ 60 m ⌚ appr. 3 h 5 km Start bus: 10.00 a.m. Return at appr. 3.30 p.m. 32.00 €



FRIDAY: The Table Mount Argodey

Come with us today through the canyon region of La Gomera. On our way to Igualeto, the village with the highest location on the island, we'll pass palm trees, agaves, figs and almond trees. Then we continue our way to La Fortaleza, the cult mountain of the Gomeros. While hiking we'll pass a bizarre, almost alpine mountain landscape with very impressive deep slopes which show the unique build of the island. After a break we will continue our hike on the impressive path to La Fortaleza, our destination for today. If the weather allows it, we'll climb the mountain. After having finished the tour we'll take a refreshment at a bar.

↑ 350 m ↓ 350 m ⌚ appr. 4 h 9 km Start bus: 9.30 a.m. Return at appr. 4.00 p.m. 32.00 €



SATURDAY: The Wild Northwest

We start our hike into the "beautiful valley" at a height of about 800m with spectacular views of the northwestern coast of La Gomera. Our hike today will be ruled by fantastic views and relicts of the volcanic activity. After a break at a chapel we start our descent to Vallehermoso with a view of Roque Cano, then we pass terraces and vineyards. In Vallehermoso we have time for a walk-through and refreshment before we ride back.

↑ 100 m ↓ 700 m ⌚ appr. 4 h 12 km Start bus: 9.30 a.m. Return at appr. 4.30 p.m. 32.00 €



Advantages of our guided hikes:

No circular hikes - all transfers included - qualified English speaking hiking guides

Offer of the season: Each third hike for only €28

BUS STOPS: Casa Maria / Hotel Gran Rey / Rest. Charco del Conde / La Calera

Reservations online or on La Gomera in the Timah-Shop

Please take with you: hiking shoes, backpack, protection against rain and sun, pullover, windbreaker, snack and 1.5L water.

Meals and drinks at restaurants (see program) are not included in the price, appr. € 10.00 additionally.
Rental of hiking equipment, hiking shoes, backpacks, hiking poles etc. for € 3.00 each to participants

We reserve the right to change the hikes at short notice, e.g. due to bad weather!