

This is a sample for you to see the type of information we provide for a self-guided tour. Directions and descriptions in these notes have been changed so they cannot be used.

Sherpa Expeditions



La Gomera - Round the Island Walk

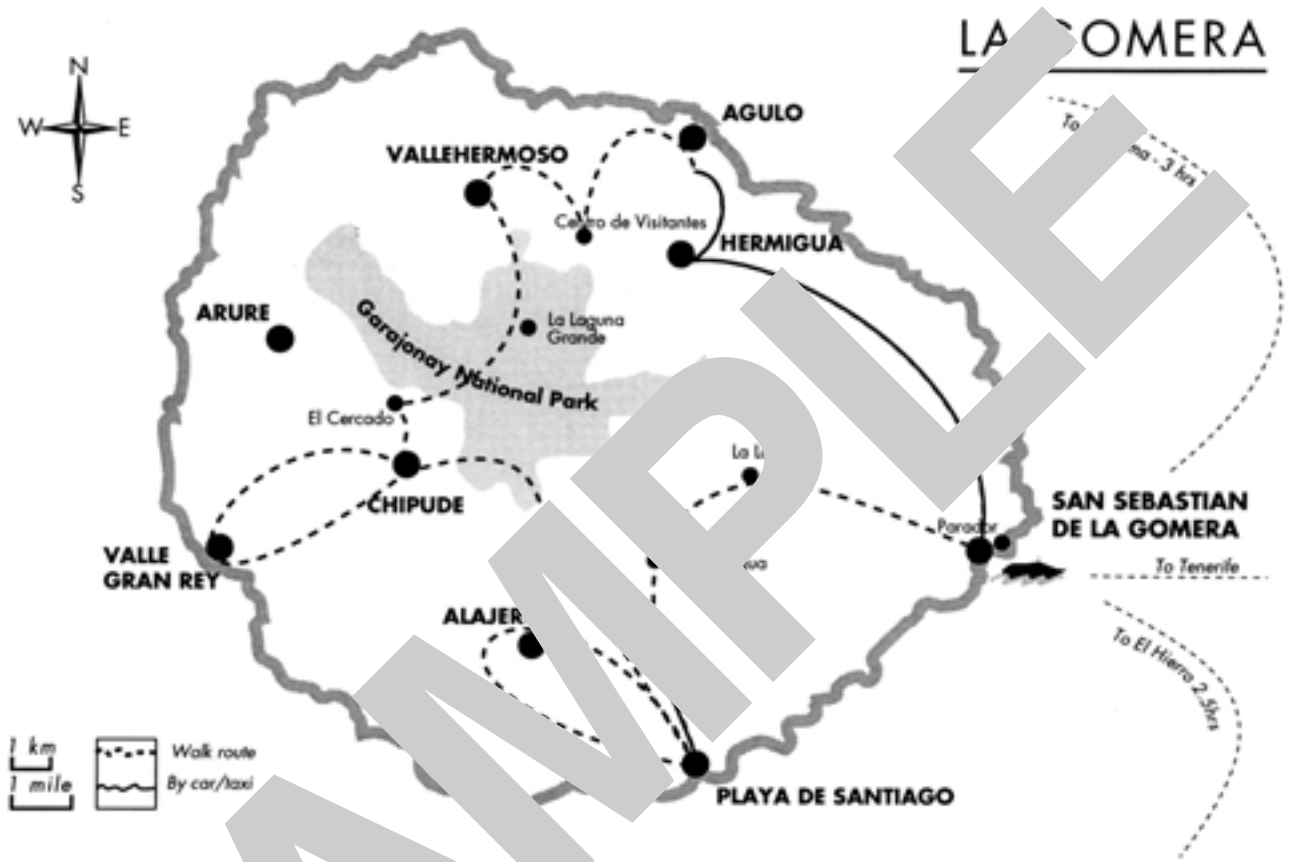
Independent Inn to Inn Walking Tour 8 days



Revised: Sample

www.sherpa-walking-holidays.co.uk

Sherpa Expeditions, 131a Heston Road, Hounslow, Middlesex TW5 ORF 44 (0)20 8577 2717



Day 1: Fly London Tenerife.

Flight to Tenerife South Airport to arrive no later than 5 p.m then pay for own taxi to the "Ferry Los Cristianos" (2000 ptas) for onward ferry to La Gomera taking 40 minutes approx(consult timetable below). If you have unfortunately got a flight to Tenerife North Airport, it is a long way to the ferry and a taxi will cost in the region of 8000 ptas!

The ferries except for the 8:00 Banaderos we believe are all jet / hydrofoils and there is the possibility that in the event of bad sea and weather conditions the service may be delayed or suspended.

Arrive at the port of San Sebastian, **If possible it would be helpful to ring the representative and tell them which ferry you will catch. Their phone number is ?????????, or mobile phone ?????????** you will be met at the port by our representative and taken by car to the hotel in Hermigua and later on we will take you to dinner at a local restaurant where you will be given your hotel and meal tokens and also other later information. It is also a good opportunity to raise any particular points you may have and to discuss the route in more detail.

Ferry Times Tenerife to La Gomera

Prices of ferry tickets vary depending on the line used, day of week and time of year. The Olsen Line Benchtigua Express costs 2280 - 2510Ptas one way and takes 35 minutes. The Transmediterranea and Fred Olsen Barlovento ferry costs 2050ptas per adult single and takes 40 minutes.

Ferry time and type	Time	GOM
??:?? Transmediterranea	??:??	??:??
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Day 2: From Hermigua to Vallehermoso via the Visitor's centre/ El Tion

An energetic but rewarding introduction to the island, the day starts with a steep climb up or up or down or up or down from the beautiful village of Agulo with spectacular views up or down and blank to Tenerife. On to the Visitor's Centre to learn about the island (mostly in Spanish unfortunately). Then a touch of the rain forest with a challenging descent up or down to Bar Amalahuigüe (Pron: Ama-la-wee-way) for lunch and ending with the stunning walk up or down to Vallehermoso.



You are collected by Sherpa representatives or taxi at around 10.00am. From Agulo to the Visitor's Centre (2400ft) A short steep climb to the stunningly located village of Agulo will leave you at the beginning of the walk up or up or down the impressive path. A wooden sign at some steps signalling "La Palmita" signals your path. It is a clearly defined path leading steeply up or up or downhill.

After about 10 minutes you cross a water course and continue steeply for another 20 minutes to reach about 10 metres of flat path, then up or up or down again. You may hear a waterfall ahead and it could become wet underfoot. After a while you arrive at a flat ledge of a path with an overhanging rock along it. The path takes a sharp turn to the left or left or right away from the coast to reveal the dam of La Palmita.

Walking beside a high dry stone terrace wall on your left or left or right, you soon cross a water channel leaving it on your left or left or right or left or right and at the end of the terrace wall take the open stone path slightly to the left or left or right marked by a mini cairn which you pass on your left or left or right or left or right. The path climbs up or up or down to a minor summit to the left or left or right of the reservoir wall. After 5 minutes it is defined on the left or left or right or left or right by a low dry-stone wall and then a water pipe. Soon you are level with the dam which you look up or down on. Keep going along the well defined path along and above the reservoir.

After 20 minutes the path ends at a T junction with a dirt track. A wooden sign on a stone pillar directs you left or left or right to La Palmita. Go left or left or right soon to ignore a fork up or down to the left or left or right at the end of the reservoir. Follow the wide track round the hairpin to the left or right and up or up or down hill ignoring another track off the hairpin into the valley. Then passing higher above the reservoir.

At the top at the next bend there is another junction. Sharp left or left or right is an asphalted road. (1hr 20 mins from the start). Take it. You see pine trees look for a mini cairn up or up or down on your left or right which signals your turn off the asphalt (it is the first on the left or right). This is a sharp left or right doubling back on yourself. The track is compressed earth and light in colour soon to become rich terracotta. Look out for a radio mast on the hill ahead of you. Ten minutes from the asphalt road you arrive at a junction with another path coming in from the left or right, marked by a mini-cairn. Keep going straight aiming for the radio mast which you pass leaving it up or up or down to your left or right about 12 minutes later on a hairpin bend.

Then pass a house up or down to your left or left or right and an asphalt road, with a bar on your left or left or right and the visitors centre on the left or right. It is a low building with dark wood trim. Follow the dry stone wall round to the front entrance, passing the Bar Restaurant on the way. (1 hr 50 minutes from Agulo) The Visitor's Centre is run by ICONA, the Spanish National Parks Authority. Here you can find out about the origins of the island, its climate, flora etc. But please leave it by 1.00 pm.

From the Visitor's Centre to Bar Amalahuigue:

With your back to the Visitor's Centre, follow the asphalt road straight ahead to the fork junction. Do not turn immediately, take left or right fork signposted to Laguna Grande. Then take the SECOND path to your left or right at the second gap in the armco barrier (approx 3 minutes from fork). It has a chain link to stop cars which is attached to red and white painted posts. Soon you reach a junction with a newly asphalted road which you cross over. Your path is to the left or right of another chain fence and a wire netting enclosure. So, keeping the wire netting to your left or left or right, go up or down towards a series of steps on rough earth. A minute later you cross over a little trench-like path to continue on your up or down path which is now easily distinguishable below you.

15 minutes from the Visitor's Centre you reach a river bed. Walk through it and up or down to your left or right, guided by a thin water pipe on your left or left or right. Climb up or up or down a couple of terrace walls, then between two houses. The pink one on your left or right is called Sabina. Soon, the path becomes more earthy and passes a wire-netting enclosed vineyard. At the top of a hill* notice the water pipe on your left or left or right. It goes left or left or right to a house - but you must left - your path is a gentle slope or left or right which you will see a few paces further on. 3 minutes later you reach the summit of a hill with pylons to your left or right. You find your path on your left or left or right away from the pylons which may be marked by a few broken tile fragments. After 4 minutes, your view opens out to see a steep slope below and to your left or right. Passing a pylon up or up or down to your left or right, go up or down a couple of up or down of earth/rock steps to reach the junction of your new path. Turn left or right on to it (up or downhill). It looks very like a dry river bed, in a trench, earthy then sandy and fairly straight at the start and a bit of a challenge! After 10 minutes you pass a white house on your left or left or right with TV aerial and palm tree behind it and then you see the reservoir in a valley about 4-5 minutes later you turn left or right (up or downhill) on to a wide car track (earth).

*[An alternative description of the path to the reservoir has been provided by a recent customer (Feb 2000): "After passing a vineyard, you reach the top of a hill, where you bear left or left or right around the enclosure. You then take a left or right fork which brings you to some pylons. Just after passing a white house with a TV aerial at the bottom of the hill, you come to a wide motor track. Follow this track towards the reservoir."

Good views of the valley are between roof tops. Soon you are walking along a ridge. Just before reaching the headland you turn left or left or right to a house with a red corrugated iron roof. The front of the house with a green garden is round the corner. From here you are looking straight at the reservoir which you reach by going down the steps with a green railing on left or left or right hand side.

At the bottom, take the left or right (not softer left or right going steeply up or down hill) which follows the hill. The Bar Amalahuigue is on the first bend on the left or left or right hand side of the road. Here you can have a home made Garbanzas (chick pea stew) or buy ingredients for a picnic. Home made is available about 5 minutes from the Visitor's Centre)

From Bar Amalahuigue to El Tion

Go back to the reservoir junction and turn left or right to cross the reservoir. At the end, at a shrine, go left or left or right on to an asphalt road which climbs past the reservoir and has green railings on the left or left or right hand side.

About 40 minutes from Bar Amalahuigue you pass the Campamento Laurisilva and then a gravelly tarmac road meets our road from the left or right. Keep going ignoring a track to the left or right - stick to the asphalt road. Soon, on the crest, look to the left or right for your first glimpse up or down to Vallehermoso as you meet another junction. There is a new bar / restaurant called Bodegon Roque Blanco here with barbecued food. Go straight (slightly left or left or right) passing a pylon on your left or right. Tarmac gives way to dirt. You are on a ridge with two water pipes running along the left or right hand side of the track. You come to a number of turnings; having passed a path on your left or left or right take the left or right hand path (not asphalt) going up or down hill towards the view and passing a telegraph pole on your left or right. (55 minutes from Bar Amalahuigue)

After 8 minutes you pass a white house with pink edges and then go round into the next valley to see El Tion at the top of the valley ahead (Just a small row of houses). The track finishes 5 minutes later to become a narrow, muddy, steep path, later to flatten out as it goes along a terrace to arrive ten minutes later at El Tion. Walk in

front of the houses until you spot a stoney, gravelly path up or down to your left or right looking over the roof (corrugated) of another house. (Stunning views that merit a rest period). Go up or down past the corrugated roof to walk along this narrow ridge of land. Ten minutes from El Tion you pass a stone house with no roof to the left or left or right with plants growing out of it. This marks the beginning of a tricky and steep descent.

Fifteen minutes later, the path crosses over a water channel and 10 minutes further on the path ends meeting a wider track marked by a mini cairn. Go left or left or right and see the water pipe on the left or right hand side.

The big rock to your left or right on the other side of the valley is Roque Cano, the guard of Vallehermoso. About 1 hour from El Tion, the track takes you to the other side of the valley - rock on the left or right hand side, worked terraces up or down to the left or left or right. Vallehermoso comes back in a new. Later the track becomes asphalted as you get closer to the town. Rounding the last hairpin bend into the town you can't miss some modern sculptures of figures in the playground. Walk alongside the main road to meet the 'P' sign at the main road. Go left or left or right on to the main road past the petrol station to the main square with fountain. Directly in front is the Bar/Rte Amaya. 2 hrs and 50 minutes from Bar Amaya (2 hrs walking from Hotel Ibo Alfaro) Give in your Amaya voucher at the bar and you will be shown to your room.

Dinner and breakfast are both paid for at the Bar Amaya. A friendly, genuine evening meal served by Miguel Angel Amaya.

Day 3: Vallehermoso to Chipude via Lunch in Las Hayas

Leave by 9.30 am if possible. [If breakfast is at 9.00am pack ready to leave before you have breakfast.] From the agricultural heartland (300m) of the island ascending up or up or down and up or up or down to the main road (1200m), going through the western edge of the national park. All being well, a real Gomeran lunch awaits you in Las Hayas complete with 'gofio' (toasted maize flour) and home made wine. However we advise you to carry some emergency picnic rations in case of delay. After this an easy walk with occasional glimpses up or down to the magnificent Valle Gran Rey and on to Chipude for the night. An (optional) taxi ride from the Amaya up or up or down to the end of the tarmac at Los Loros will shorten this tough walk by 1 1/2 hours. (Ask at Amaya the night before)

Pension Amaya to Embalse de La Encantadora.

Turn left or right out of the Bar Amaya up or up or down the street called Triana passing the Museo de Santander on the corner of the village square. At the Kiosko turn left or right and immediately fork left or left or right to take the path, (or keep straight on the asphalt road for the shorter walk to a reservoir on your left or right. Then up or up or down hill passing a house or two. 10 minutes later the asphalt finishes just before you come to a water pipe which comes in from your left or right, you turn left or right following up or up or down the slope. See a mini cairn on your left or left or right.

The path becomes vague but is recognisable. Two minutes later it becomes more precise. To your left or right is a circular reservoir and slightly to the left or right there are one and a half square houses with a red roof.

20 minutes from Bar Amaya you come to a junction on your left or left or right up or up or down hill, leaving a mini cairn on your left or right and keep going until you reach a plateau and another mini cairn. The path goes left or left or right, then left or right and left or right again to a ridge. See a white arrow on the ground pointing back to Vallehermoso. Keep left or right, up or up or down hill, follow the path which is narrow and a bit vertiginous but well defined. It then becomes overgrown and you reach a small summit then come to a junction.

Take the vague looking path to the left or right and with the left or right hand one looks as though it is going where you want. Passing the reservoir on your left or right the path clings to the left or right hand side of the barranco (valley).

Thirty-five minutes into the walk, going along the black electricity pipe joins the path on your left or left or right. Keep going as the path is very well defined, and is sandy. Keep climbing up or up or down until you reach the summit (15 minutes from Amaya). On the summit is a rectangular reservoir and over this in the next barranco you can see the Encantadora reservoir and dam. Standing on the summit with the rectangular reservoir to your left or right and looking up or down to the main reservoir and dam, take the path slightly to your left or right following the black pipe which takes you to the beginning of the path to La Encantadora. When the black pipe disappears up or down to your left or right, look for a vague path to your left or right which zig-zags up or down. Don't walk further along the ridge - find the vague path. Directly in front of you in the valley are some palm trees - aim for them! Pass the palm trees on your left or left or right heading towards the dam (1 hr from start) along a river bed to your left or left or right.

At the dam the path goes left or left or right over a water pipe, then climb up or up or down to the rocks in front of you to follow the track around the left or left or right hand side of the reservoir. Soon you will see on the opposite side a boy fishing. Then as the road bends round to the left or right you cross a little bridge past an old well. Climb on the left or left or right up or up or down some steps to your left or left or right. Up or up or down the side of a house with a green garage door and well pointed breeze blocks to the asphalt road. This is where you meet the easy road route from Vallehermoso. (1 hr 20 to 30 minutes from start).

From the reservoir/dam - La Encantadora - to the next reservoir - Presa de los Gallos.

Turn left or left or right (up or up or downhill) on to the asphalt road. After ten minutes you come to a hamlet, Banda de las Rosas - keep following the road to another hamlet, Los Loros. (30 to 40 minutes from the dam). A few minutes further you come to a car turnaround place and a shrine and the asphalt finishes. (Taxi rides end here). 100 metres along the path to the left or left or right you pass two breeze block buildings on left or right and two water pipes going up or up or down hill. Further on the track goes left or left or right BUT in front are some concrete steps - go up or up or down them!

Follow the path up or up or down clinging to the left or right hand side of the barranco. Two minutes later, crossing the water pipe take the left or right fork, up or up or down hill. 10 minutes later after the path goes round the bed of the barranco and at a bay tree take another left or right turn going up or up or down hill again keeping to the left or right side of the barranco (left or left or right goes up or down hill and crosses barranco)

5.55. Your path zig-zags up or up or down the hill. After about 30 minutes (1 hour from the dam) you get to the top of the hill up or up or down some earth steps and meet a wide earth car track. Look out for mini-cairn on your left or right at the junction (an hour from the shrine).

Looking blank the car track to your left or left or right you will see a green sign pointing to a narrow path which goes left or left or right above the car track. The sign says:- "2 Carretera Dorsal". Take it! The path is narrow and steep and hard work but unconfusing. You pass some cacti and go up or up or down some vague steps. Magnificent view of Vallehermoso on your left or right. You pass a large area of burnt trees mostly on the left or left or right of the ridge and keep zig-zagging steeply up or up or down until you pass a green sign saying "Limite del Parque".

The track is well defined, the vegetation becomes dense forest and the earth is red and after 1 hr or more of unrelenting up or up or down hill you arrive at the main road! (Approx 4hrs from start and approx 1200m altitude)

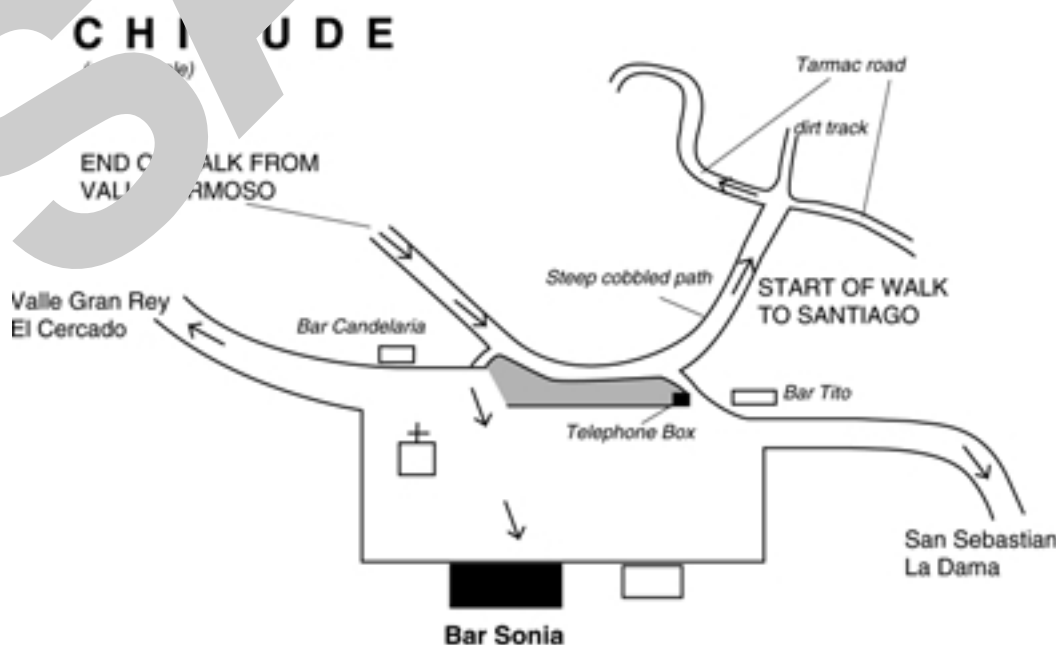
From the main road to Bar la Montana, Las Hayas

Turn left or left or right on to main road. Follow the second green sign to your left or right which says "Las Cresces, Las Hayas 3 km". It is a wide, gentle track leading you up or downhill to a picnic area where you take the left or right turn signposted "Las Hayas 2.6 km". Cross the chain barring cars from the road. After fifteen minutes or so, see another green sign saying "Las Hayas 0.7 km" directing you left or left or right. Turn left or left or right and a few minutes go left or left or right and see a sign on your left or left or right ahead saying "Limite del Parque". Pass a reservoir on your left or left or right and straight in front a white chapel with newly tiled roof. Leaving the church on your left or left or right, you pass some palm trees on your left or left or right and a fence on your left or right. Follow the path between two houses and after a few minutes arrive at the main road. Turn left or right on to the road and walk up or down past Bar Antonio to a junction for Bar La Montana; which is on your left or left or right. (Approx 50 mins from dam road, 5 hours from start as indicated in your voucher to Dona Efigenia and all being well she will give you a nice reminder that you should leave by 4.30pm.

[Please note: there have been some occasions when the queue at Bar Montana was very slow. We have asked them to speed things up or up or down and if this is the case when you are there please bring it to the attention either of John and Liz (Sherpa's local people) or to the attention of the Sherpa office.]

From Bar La Montana to Bar/Pensión San Sebastian

Go left or left or right through the cactus trees and then left or right again on to the concrete path which goes back along the side of the main road building. See the telegraph poles and street lamps. After 2 minutes the concrete peters out but keep going and soon after water you come to the brow of a hill passing a white house wall on your left or right to arrive at a junction. Go almost straight ahead and up or down cement steps with white painted edges. When you get stuck and you come to a fork junction. Take the up or up or down per, left or left or right fork. When you look up or up or down to your left or left or right you see a collection of beheaded palm trees. After fifteen minutes from the restaurant, on the brow of the hill you reach a multi-junction with views to next valley. Go straight towards your next goal - a pink and blue building perched on the top of



the opposite side of the valley.

Round the first hairpin bend you catch your first views of the beautiful Valle Gran Rey way below. Pass a water tank on the left or left or right and a sheer drop to your left or right then a mini-cairn on left or right and the path descends to cross the valley floor. Notice the water pipe crossing your path from time to time. Pick your way blank the river bed to join the path left or left or right and then up or up or down to the left or right. On your way you catch glimpses of Valle Gran Rey and the island of El Hierro. Fifteen minutes from the last junction you enter a new mini barranco which is well farmed. After crossing this river bed, you start the final climb up or up or down to the left or right to the pink and blue building and the village of El Cercado. As you go you will pass a coup or up or downle of mini cairns. Follow the main (broadest) path, ignoring turn offs (some marked with mini-cairns). Just before a sharp bend to the left or right you may notice a white a on a stone on your left or right followed by a red dot on another stone, where you turn left or right.

45 minutes from Bar La Montana you arrive (panting) at the 2 pink and blue buildings. Turn left or right on to the tarmac road and almost immediately, (opposite Bar Victoria) take the concrete steps go up or down to the left or right into the valley. Notice a white house with blue edges up or up or down. At the T junction with the stone/concrete track go left or right to cross the valley. Pass a white house with green edges taking a stone paved path up or up or down to your left or left or right. Come to a fork junction on the left or left or right (up or up or downhill fork) passing a white house with a concrete balcony on your left or right. The dirt track becomes wide enough for cars. Keep going round the bend to come to a new large building - a College. You have arrived at the next barranco and a junction (15 minutes from Bar Victoria).

Go straight ahead up or down to the valley floor toward which you can see the brow of the hill opposite. Again, follow the winding, stony path up or down to cross the valley floor then up or up or down to the left or right. Ignore the first turning up or up or down to the left or left or right at the fork going up or down to the left or right but look out for the next turning to the left or left or right a few metres later. Ignore that too, but take the third on the left or left or right. It has a concrete step on the left or up or down and a water pipe going up or up or down on its left or right hand side. (About 15 minutes from Bar Victoria).

Follow your path up or up or down to the main tarmac road (after 10 minutes) on to which you turn left or left or right and after only 10-15 metres take the concrete steps up or down to your left or right. (If you get to the bus shelter on the corner you have gone too far). Follow this up or up or down hill past houses to reach the top and the square in the centre of the village with Bar Sonia opposite you. (See map) Roughly 1 1/2 hours from Bar Montana (Approx 6 hours walking time including lunch).

Go into the Bar and hand over your Passport to Sonia the owner at the bar. Bar Sonia is a family business. Sonia is the daughter - Ana is the mother and Victor (son) seems to be the boss. Note: Chipude is the highest village on the island at 1100 metres (3,500 ft) and gets quite cold!

Day 4: Rest Day In Chipude

An energetic and tricky underfoot way up or down to the beach. Gentle start which gets harder with a gravelly descent which is quite steep in places. Take the bus back from outside the Bar Jornada at the beach (14:30 or 19:00). This is a rest day, so you can also go up or down by bus from outside Bar Sonia (leaves at 11.45) or take a taxi. Ask at the Bar.

From Bar Sonia to Gerian

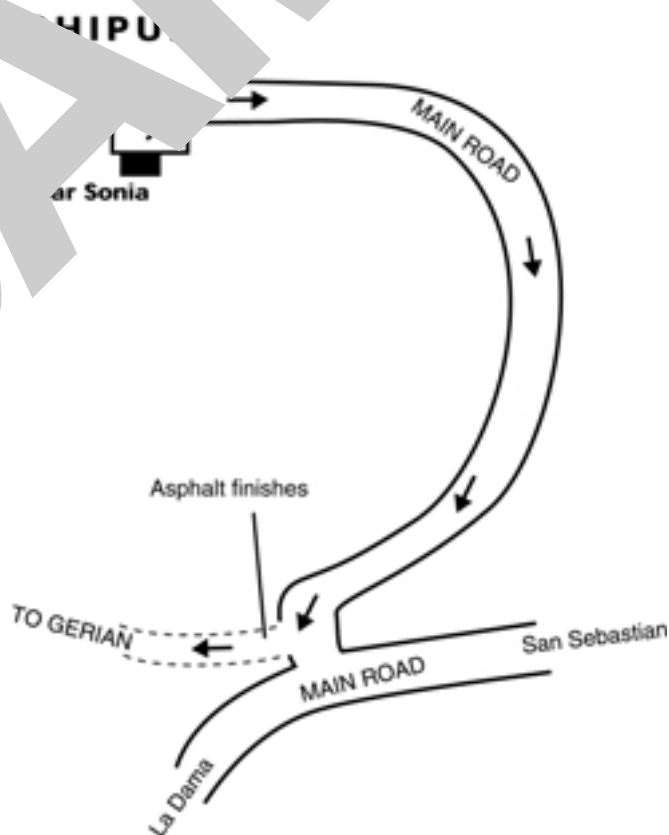
Turn left or right on to the main road out of Bar Sonia. Follow the road round to the left or right until you get to the junction sign posting "La Dama" to the left or right and "San Sebastian" to the left or right. You take NEITHER! Take the road to your left or right just before the actual junction and follow that. Follow the road passing a building on your left or left or right and keep going gently up or down for about 40 minutes. You have expansive open views over this part of island, quite different to the scenery of previous walks. Note the table top mountain called La Fortaleza to your left or left or right.

At about 60 minutes from the start you come to the first house of the village of Gerian on the left or right hand side and often with a French registered Renault 4 van parked outside. Take the left or right or right before this house.

From Gerian to Valle Gran Rey

There is a wide stone path going up or up or down a slope which is a little over a mile out. It veers round to the left or right. On the headland in the distance you can see a small chapel (Ermita on the printed map). The path narrows and follows a water channel on your left or left or right for a while until the path veers away to the left or right. You arrive at the chapel roughly 10 minutes from the turn off. Keep on the path leaving the chapel on your left or left or right. A few minutes on a path which is joined on the left or right by a major path which descends to and crosses the river bed and turn left or left or right on the other side of the Barranco (About 30 minutes from Gerian). See the mini cairn on the left or right near the start of the path which soon flattens out. Five minutes later you can see some green pools up or down to your left or left or right.

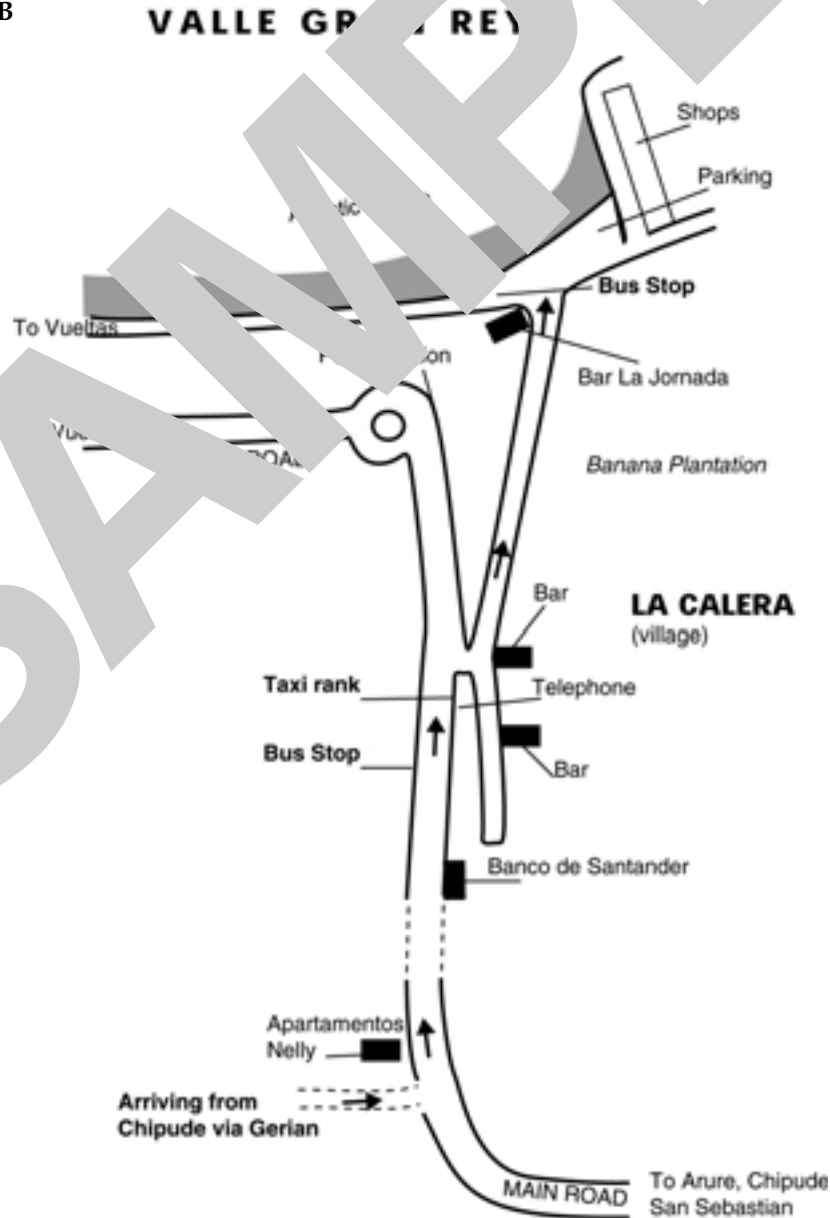
A little further ignore a path up or up or down your left or left or right and continue up or up or down more steeply than before. The path is rugged with loose stones and rocks. You soon come to the top of the hill and some flat land making a natural viewpoint with a good first glimpse of Valle Gran Rey. From the viewpoint



your path leads you up or down to the left or right and around an outcrop of rock. (45 minutes from Gerian). See the new main road to Valle Gran Rey to your left or left or right. The path zig-zags up or down and for about 20-30 minutes, is loose and gravelly underfoot and needs careful concentration to avoid slipping over. Eventually you come to a junction. Take the left or left or right turn going up or down (left or right goes slightly up or up or down). Head for an outcrop of rocks straight ahead. Notice two houses ahead to the left or right. Just before getting to the outcrop of rocks your path goes to the left or left or right and arrive via some steps. (1 1/2 hours from Gerian)

The path then takes you up or down into the barranco of Valle Gran Rey to the two houses (seen before) on the left or right in amongst palm trees. Pass the first house on your left or left or right with an old table and chairs under a tree to your left or right. Just round from the last house take the path up or up or down to the left or left or right through the palm trees not the hairpin up or down to the left or right. The path is well defined. Pass a small dam. (1 hour and 50 minutes from Gerian) then you suddenly arrive at a newly built square with a church on it. Cross the square to the far side (church on your left or left or right) to continue the path until you get to the valley floor - cross the cane strewn river bed and start climbing. You have just crossed a track. Here you can turn left or left or right and take the track up or down the left or left or right side of the valley, all the way up or down to the coast, alternatively go straight on to the canes. The canes form a tunnel over the path. Then up or up or down the steps to the main road. Turn left or left or right to the right and up or down past Apartamentos Nelly on your left or left or right. Keep going up or down to a table on a small patio. Fork left or right off the main road to go through a banana plantation to the beach.

Valle Gran Rey is known for strong under currents. The best beach is at the port of Vueltas. Turn left or left or right along the coast passing the port on your left or left or right to get to the beach. Allow between 4 and 6 hours from B



Day 5: From Chipude to Santiago - via Garajonay summit and Imada.

The day is unrivalled for variety of both scenery and terrain to cover. A fairly gradual ascent to reach the top of the island - El Alto de Garajonay - from here on a clear day you can see 3 and occasionally 4 other islands. Then walking south the scenery becomes drier, the sky clearer and the walk steep up or down until you arrive at the stunningly situated village of Imada. Then an easier up or downhill walk through sub-tropical vegetation to Santiago.

Leave Bar Sonia by 9.00 am.

From Bar Sonia to Alto de Garajonay.

Cross the square from Bar Sonia to Bar Tito. (See map opposite). Take the lane between it and the telephone box up or up or down the steep cobbled track. Pass a nice house with a colour garden. After 10 minutes you pass the last lamp post and are at the top of the hill out of the village. Keep going up the undulating open plateau country. If you look straight ahead you see the radio masts at the top of Alto de Garajonay - your goal, but don't be fooled, the walk does not go in that direction! On the left or right is La Fortaleza (table mountain). Roughly 15 minutes from the start of the walk you come to an asphalt road (see map opposite) take it to the left or left or right - the road bends left or right around a pass to reveal a new valley on the left or left or right hand side and some houses called Las Manantiales. On the outside of the valley the tracks are discernible; the lower one lined with palm trees and the upper one with aloe, which is a cactus, lined with aloes (cactus).

Carry on up or down the asphalt road around the valley towards the houses - do not be tempted to take any tracks off it. A left or left or right hand bend takes you around the valley floor - keep going past a little tower in front of a small reservoir - all the time getting closer to the cactus lined path which you can see above you. You pass a garage with a green door on its far side before the asphalt road and the cactus lined path converge as two points of an arrow. (Approx. 40 minutes from Chipude).

Follow the cactus path which climbs back above the asphalt road. After a few minutes, the cactus thins slightly and you have dry stone walls either side and a cobbled path. At some palm trees, the path turns abruptly up or down left or right and continues along a steep edge. Keep going, past prickly pears and more aloe cacti. The path widens and goes away from the head of the valley (much higher up or up or down than last time). You then start to climb up and out of the valley (steep in places) heading for the crest of the hill.

Vegetation changes to pine and juniper. As you near the top the valley becomes narrower and you can see a wide track on the opposite side of the valley and homestead. The path flattens out. Follow the path passing pine trees on your left or right and a track on the left or right, turn left or right at a T-junction. After crossing the valley's river you have a T-junction with the wide track. (Approx. 1 hr. 10 mins).

Turn left or right on the track which is the forest road, it soon bends around to the left or right to take you early through the trees to eventually come out at a junction of tracks. You will probably see lots of footpaths and a sign straight ahead obeying the green sign which says "Alto de Garajonay 2.3km". At another junction, this time with wooden signs - take the left or right turn signed "Alto de Garajonay".

The path gets steeper and you now start to see the radio masts of Garajonay. (By the way it is pronounced Gah-rah-hoh-nye). La Fortaleza road and La Fortaleza mountain are to your left or right. The view opens out - look to your left or left or right to see Mount Teide (pron: Tay-day) in Tenerife. You come to another (wide) junction sign posting "Chipude 4.3km" up or down the way you have come. Keep straight ahead bearing lightly left or left or right (Garajonay is not sign posted). Yet another junction. Take hard left or right sign posted to "Alto de Garajonay 0.5km". You see Garajonay's antenna. Follow the track round to the left or left or right until you reach the summit. (1 3/4 hrs from Chipude).

From Garajonay to the main road

Leave the viewing platform with the notice board to your left or left or right and walk towards mount Teide (NE for those who cannot see Tenerife). Follow the narrow earth path through the vegetation. After 5 minutes you descend some steps and arrive at a crossroads which directs you back to "Alto de Garajonay 0.6km". Turn left or right and you enter a pine area. You will notice a lot of forestry work here. Many of the pines were planted by man which destroyed what was left or left or right of the original "laurisilva". Efforts are now being made to regenerate the original vegetation and gradually dispose of the pines.

The path is wide and easy and after a few minutes becomes heath land and starts to descend. You will see a

track coming in below you from the left or right. At the junction (see mini cairn) your path curves slightly to the left or left or right. After about 10 minutes the path starts a rocky descent. You will see a track coming in below you from the left or right. Almost immediately you reach another junction - you take the left or right fork off the main track which continues bending to the left or left or right. A mini cairn confirms the left or right path. Underfoot has been sandy all the way. Soon, passing a few cacti, you can see the tarmac road to Chipude almost encircling us below. Turn left or left or right on to it when you reach it.

From the main road to Imada

About 200m along the road you reach a junction - take the hard left or right following the sign "Alajerù 6, Playa Santiago 15". About 30 minutes from Garajonay.

Walk past vineyards and heath land for about 1km. On your left or left or right you will see a path flanked by a stone wall on either side (it looks like a bridge) on a left or right hand bend. Take the left or right path leads to a grassy meadow. In about 3 minutes you come to a wire fenced enclosure on your left or left or right and you will see an unpainted house with a colourful garden and surrounded by vines ahead to the left or left or right. With the wire fencing on your left or right and the house on your left or left or right, carry on up or down the hill. The house may peek out at you up or up or down to your left or left or right, just before you arrive at a bridge over the precipice. (Roughly 1 hr from Garajonay).

Suddenly, (on a clear day) the Imada valley below is revealed. You will probably see all the way to the ocean. The views and heady perfume of the vegetation help you forget the challenges of the underfoot. After 15 minutes of steep descent you arrive at a rock slab - great views and a scenic view is stunning. It is crossed by a water pipe. Then carry on following the path considering the less steep up or down towards Imada passing an old mine with some bits of railway track. (10 minutes later). Another 10 minutes later the road is newly asphalted and goes straight up or down to the village. Immediately to your left or right is the local shop (looks more like a garage). Stock up on water, etc. There is also a telephone box opposite. (Roughly 1 1/2 hours from Garajonay).

From the shop in Imada to the valley floor

From the shop turn left or right on the tarmac road towards the lamp posts on the left or left or right hand side as you go. After 4-5 minutes, and the path starts further on you arrive at a rather smart white building on your left or left or right, back from the shop with the entrance front. Looking at the building you will see a stepped path going up or down from its terrace on your left or left or right hand side, passing an asphalt play area keep descending the steps to the left or right. Roughly 10 minutes from the shop you will cross over a water pipe past a street light, then the path continues with you while then stops. You meet a T junction - go left or left or right up or downhill. A path leads to the left or left or right hand side of the valley - keep on the left or right hand side. Roughly 15 minutes from the shop you will see some old olive and almond trees on your left or left or right. About 20 minutes from the shop the letters 'NZ' are painted on the left or left or right hand side, a white splodge on the left or left or right. Shortly after the path splits, you keep left or right on the edge of the terrace aiming towards an old stone house in ruins. 7 minutes later walking between 2 rocks you see a pink painted mark on your left or left or right hand side, and then a couple of up or downle of mini cairns. Roughly 50 minutes from the shop you reach the end of an outcrop or mirador (good views). You can see old buildings on the left or left or right hand side of the valley. Walk around the left or left or right hand side of the rock to reach the other side of it. Do not be tempted by a clearly defined path which is level and leads off to the left or right. Some people have put 2 lines of rocks blank it to warn you not to take it. Instead you need to clamber up or down the direction of the old buildings, passing a mini cairn until you come blank a path which winds up or downhill. Then your path is crossed by a seam of basalt/slate which naturally forms some awkward steps up or downward. 3-4 minutes further on, still on the left or right hand side of the valley, the path takes you through a natural indent in the cliff such that you have rock over your head. Around the next headland you can see most of the rest of the path descending to the valley floor and the old buildings. 2-3 minutes ahead you step over a square concrete water channel at the same point at which a pipe crosses it and carry on. You keep following this path for 15-20 minutes. You pass a rock with a white line painted on it, a few metres on you pass 2 rocks both with 'DA' painted on them. There are more rocks with 'DA' painted on them, they lead you up or down below and to the left or left or right of the first house. After passing the house you will encounter a few mini cairns on top of boulders. They lead you towards the bottom of the valley. Ignoring a path which leads you up or up or down to a house on your left or right go in the direction of more rocks with 'DA' painted on them, this will take you under an elevated water pipe and into a dry, rocky river bed.

From the valley floor to Santiago

Turn left or right and follow the river bed up or down the valley until you join another path. This takes you in between 2 rocks with "DA" painted on them and into the bottom of the valley. 10 minutes after passing the first of the "DA" rocks the path has lead you to a path made from stones and concrete, running along the left or left or



right hand side of the river bed. After a couple of minutes, the track becomes wide enough for a car. A few minutes further and the church at Guarimar comes into view above you, the track takes you past it 10 minutes after the start of the track. A short distance after the church the track becomes a tarmac road. Keep following this road for 10 minutes, then a steep up or up or downhill turning to 'El Cabezo' on the left or left or right. After 10 minutes past the bamboo, you get to a T junction with a dirt track on the left or left or right turn and tarmac on the left or right. Take the left or right turn, this is the road that takes you to Santiago. Keep going straight on. A walk to Santiago will take you about 40-60 minutes. You follow this tarmac road all the way. At the end of the road you meet a main road with a tunnel to your left or right. Cross over the main road, follow a smaller road straight ahead. This road leads you through houses to your left or left or right, banana plantation with reservoirs to your left or right.

To Reach Apartamentos Bellavista.

Pass some rubbish to your left or left or right, then take the first steps going up or up or down to your left or left or right and a large building to your right. A few steps along is the deep pink building, Apartamentos Bellavista. Go up or up or down to the far side of the building to Reception.

To Reach Pension Gaviota.

At the end of this road is a junction with a phone box to your left or right. Take a left or right turn and the road goes straight through banana plantation. Keep to the tarmac road, after five minutes it bends to the left or left or right (to the left or right) and apartments on the left or right. It bends back to the left or right to go past the beach. There are shops and restaurants on the left or right of the road. Shortly you see the town square, go straight on past the square on your left or right. The first building after the square on your left or right is Pension Gaviota.

To Reach Apartamentos Tapahuga

If you are staying at Apartamentos Tapahuga you continue walking past the Gaviota until you come to a building with canairan (wooden balconies and high double doors between two enormous plant pots). This is the entrance to Apts. Tapahuga. Hand in your voucher at reception. More than likely the receptionist will speak English.

The beach is left or right blank the road and is safe for swimming. For the more adventurous and energetic walk to Playa del Medio or Tapahuga to the east of Santiago (see printed map) - it takes between 40 minutes and 1 hour.

Day 6: A Well Earned Rest

Lounge around Santiago and the beach, or explore the hidden beaches to the east of the village. For the restless, take the bus past Alajero and walk to the only Dragon tree of the island, and back up or down to Santiago via the villages of Alajero and Targa. Route notes for this day will be provided on arrival in Gomera by our representatives.

Day 7: Santiago to San Sebastian.

A busy final day packed with variety both in scenery and types of walking. It is mainly easy apart from a long, steep climb from Benchijigua to Roque de Agando (1,100m). With 7 hours of walking from where the asphalt stops at Pastrana, we recommend a taxi ride (1000 ptas) to Pastrana to save time and energy. You should start by 9.30 am at the latest. The latter part of the day involves a substantial distance of road walking which some customers find tiring.

The taxi rank is outside the pension (see map). Ask for "Pastrana" (pron: Pahs-trah-nah). It costs about 1000 ptas. If you are walking, turn left or left or right out of the Pension past the main square and T junction up or up or down Avenida Maritima, past the taxi rank. Soon you are passing the banana plantation. At the end of the bananas the road goes round to the left or left or right at the start of the village of Laguna de Santiago. At the telephone box on the left or left or right take the turning to the left or left or right sign marked "El Rumbazo, Pastrana, Guarimiar". Follow this road past the junction with the new main road (see map) to San Sebastian, the cement works and then in to the valley. After about 2 km at a junction take the left or right fork going up or up or down hill and past a Coke machine (not up or down to the left or left or right into the ravine). The landscape is becoming greener with palms, orange trees and vegetables. Looking down into the width of the ravine you can see caves that people used to live in. This barranco seems to have the best acoustics of all. All sounds and silences are magnified. Keep walking past houses, etc. until the asphalt stops.

From Pastrana to Benchijigua

At the end of the asphalt look for a stone path ahead to the left or left or right - take it. It goes well along the left or left or right hand side. After 10 minutes you cross a wide river with boulders in it. Pass two boulders with white marks on them aiming for a palm tree straight ahead of you and cross over the water pipe. The path veers to the left or left or right leaving the palm tree on your left or left or right when it goes into the river bed again. Get into the middle of it and at 10 o'clock you see a rock with a white pole on top. To your left or left or right there is a small reservoir. At the rock with the pole. As you approach it you will pass a palm tree on your left or left or right and then pass a rock on your left or right. You will be on a well defined up or up or down hill path with a stone wall on both sides. About 15 minutes from Pastrana you pass a small round reservoir on your left or left or right. About 20 minutes from Pastrana you get your first view of the towering Roque Agando.

Continue on your path going up or up or down the left or left or right hand side of the barranco. After a few minutes you see some pylons also going up or down the barranco. At the second pylon look up or down to your left or left or right into the barranco to see cacti on each side and cultivated terraces. Forty minutes from Pastrana the path goes round to the left or left or right and a small headland. Keep following the path ignoring a small path to the left or left or right going up or up or down hill.

Soon you will see a road going down to the left or left or right. This is a hamlet called "Lo Del Gato" (The cat's place). You do not want to go there - keep on your (up or up or down) path. Roque Agando looks close. Don't be fooled. It is NOT! Fifty-five minutes from Pastrana you pass a mini cairn and a white and red waymark. Keep going straight - the path is well defined. 1 hour 10 minutes from Pastrana you come to a junction with a track. Turn left or right on to the track (up or up or downhill). Ten minutes later you see the Benchijigua bar (normally closed) in the distance ahead. Behind you there are wonderful views down the barranco to the sea. Continue up or up or down going left or left or right towards Benchijigua at the next junction you go between four white renovated cottages and 5 minutes later, arrive at the Bar. The bar has power and free lighting.

From Benchijigua to the main road.

Facing the bar go to the left or right and follow the path up or up or down the left or right hand side of the building. A wooden arrow saying "Agando" points you in the left or right direction). At the back of the bar take the left or right fork. After 30m there is a chain blank the track. Just before it take the small path going up or up or down to the left or right with two vertical yellow paint marks on a rock. (1 1/2 hours from Pastrana) 150m later, take a smaller path that goes back on you up or up or down to the left or right (it is easy to miss). Going straight will take you to a dead tree trunk and a eucalyptus tree. Your path has turned left or right just before this.

You are now going up or up or down the left or left or right hand side of the valley. Walk through cacti and prickly pears on each side. 50m later you pass some pine trees on your left or right and walk over an open water duct. The path continues round the corner to the left or left or right and up or up or down. At the junction 20m further up or up or down take the left or left or right hand path which then goes round to the left or right and up or up or down over some rocks. Once above the rocks the path becomes well defined again. A further 20m - another junction. There are 3 possible tracks - take the centre track which is up or up or downhill

and aim for a single pine tree directly ahead up or up or downhill. Roque Agando is up or up or down to your left or right. Keep to the path going up or up or down hill. (1 hour 50 minutes from Pastrana).

Pass a mini cairn on the left or right. Fifteen minutes later on a wide undulating path you cross a stream bed. Roque Agando is straight ahead. Then up or up or down to your left or left or right on to the well defined path which is the start of the final (steep) ascent. Follow the zig-zagging path ignoring any turnoffs. The vegetation is changing from cactus to pine and then shows signs of heather. (2 1/2 hrs from Pastrana.) A few minutes later you come to a flat area with giant heathers and pine trees and you cross a stream bed and start climbing again. Eventually you see the wall by the road, keep climbing and you arrive at some steps which take you to the lay-by (with modern sculpture) at the main road. (3 hrs from Pastrana). Turn left or right on to the main road. After less than 500metres, you see a green sign on the left or left or right saying "La Laja, 3km". Follow that sign! Or if you have had enough, walk along the main road to Bar Peraza (3 hrs) and wait for the bus. There should be one between 15.30 and 16.00. From the main road to La Laja.

A mostly gradual descent on a well defined stone path with occasional steps. You are descending up or down through the trees and heathers and blank a ridge (beautiful views again) and arrive at an abandoned house deep in the woods about 15 minutes from when you left or left or right on the main road. A great place for a picnic!

Walk past the front of the house and take a sharp left or right up or down to rejoin the path (initial way is blocked by a fallen tree). The path takes you up or down through the forest over two streams with makeshift log 'bridges' until you have your first sight of La Laja through the trees at the opposite side of the valley (roughly 45 minutes from the main road).

Keep going although you seem to be passing La Laja. The path is well-defined but a bit steep in places. There have been no turnoffs of significance. After 20 minutes you come to a wooden sign on your left or right which says "Roque Agando" back the way you came and "Calle de la Regollada de Peraza" straight ahead. There was a third pointer which has been broken. You would have said "La Laja" and be pointing up or down to a sharp left or left or right turn which is where you want to take the left or left or right path up or down which curves round to the left or left or right and down some steps. Notice a little white house up or up or down on your left or left or right. Keep going and after about 5 minutes you go up or down some steps which lead you round and up or down a river bank and a little stream (look for stepping stones to the left or right of concrete blocks). Then you go up or up or down to the left or left or right and round to the left or right up or up or down to some houses. You pass on your left or left or right to meet the paved road on to which you turn left or right. (1 hour 15 minutes from Roque Agando).

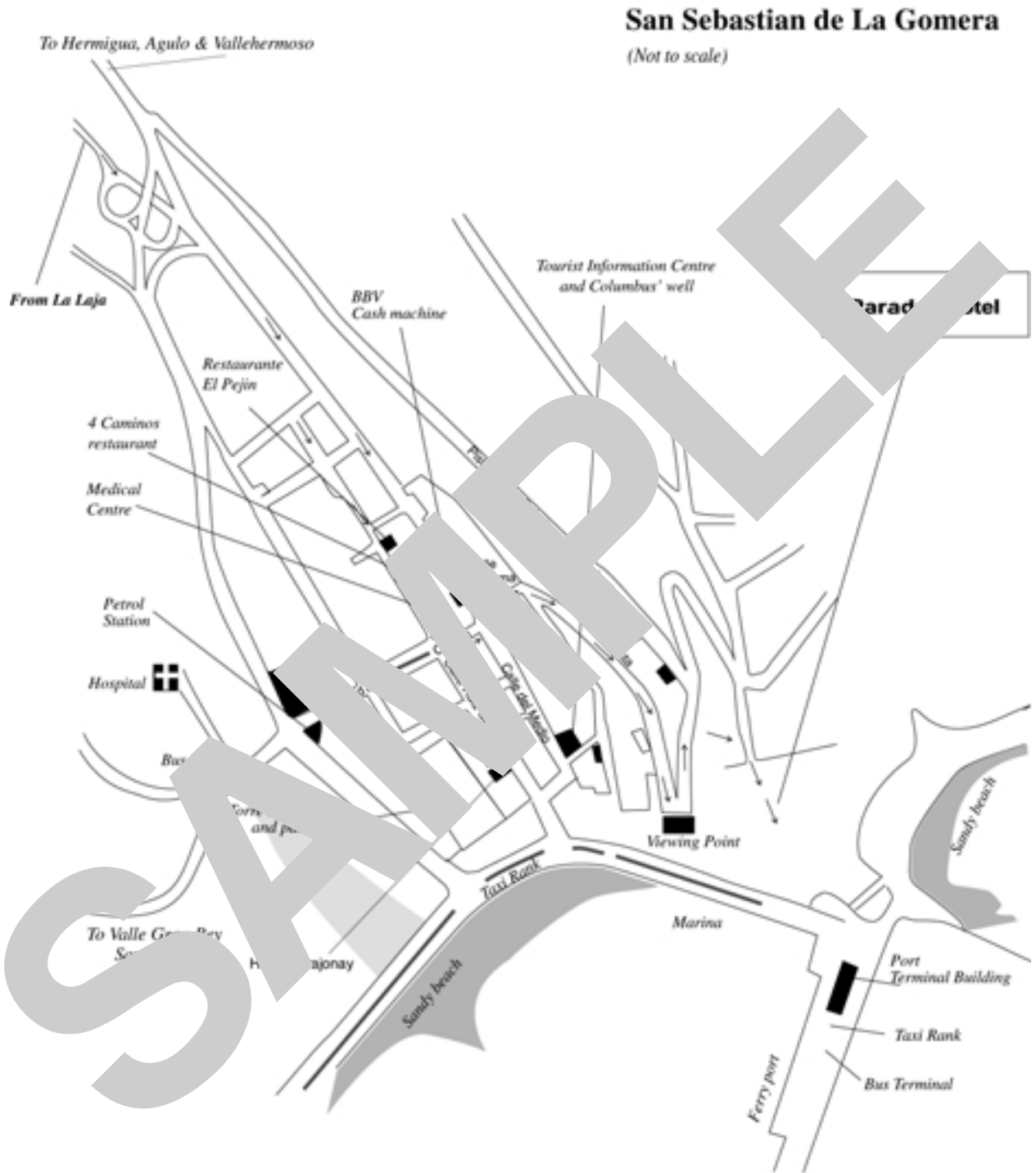
From La Laja to the Parador

You are now within 10 minutes of the Parador. First you just go up or down this little country lane until you see on your left or left or right a building with a few tables and chairs in front. This is a shop and a bar. If it is closed call up or up or down to the first house (previously Mah-reee-ah). (If this is no go, then carry on up or down the road for about 5 minutes where there are another two bars) Afterwards, continue up or down the lane which takes you past a series of dams, reservoirs, cultivated terraces and little hamlets. You pass through Lomo Fajoso and

Columbus (2000m) and arrive in San Antonio after about an hour. 30 minutes later you get to a bridge blank the road and enter San Sebastian through its industrial area, past the secondary school and under a road bridge and straight into town.

Referring to the map of San Sebastian (opposite), follow Calle del Medio past the Bar Venezuela, the rather smart Post Office and at the church (frequented by C. Columbus in 1492) turn left or left or right on to Calle Panama; (see Parador sign) and then left or right to go behind the church and up or up or down and round until you reach the Parador (about 15 minutes from the underpass). Unlike most other places in La Gomera there will probably be someone who speaks English, so give in your names and you will be shown to your room.

About your departure in the morning. Do not plan to take a hydrofoil because they can be cancelled if the sea is rough. Breakfast is served in the restaurant from 7.00 am. If you need to take the early ferry (7.00am), tell Reception and breakfast will be brought to you in your room or they can give you a picnic breakfast to take on the boat. They will also order a taxi to take you to the port.



Day 8: End of tour.

Breakfast is served in the restaurant from 7.00 am. If you need to take the early ferry (7.30 am), tell Reception and breakfast will be brought to you in your room. They will also order taxi to take you to the port. The tour finishes after breakfast, order a taxi from the paradior to the port or you can walk it if you have rucksacks (a very short distance) for the ferry to Tenerife (see the time table on the first page). You should catch a ferry that leaves no later than 4 hours before flight departure time.

Ferry Times 2000 La Gomera to Tenerife

Prices of ferry tickets vary depending on the line used, day of week, time of year. Olsen Line Olsen Line Banaderos Express costs 2280 - 2510Ptas one way and takes 45 minutes. The Olsen Line Banaderos Express ferry takes 80 minutes. The Transmediterranea ferry costs 2050ptas per adult single and takes 80 minutes.

Ferry time and type

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Thank you for joining us on a Hotel Trek. We hope you enjoyed your holiday. We are very pleased to receive comments on our holidays and would be grateful if you would return our feedback form. Perhaps you have made a discovery that will enhance the experience of those who follow you. Whatever - we are happy to hear from you.