



HIKING IN FUERTEVENTURA AND LANZAROTE

Canary Islands



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1 Introduction

Every island of the **Carany Islands Archipelago** has its own identity, it is surprising that being so close to each other, the orography, vegetation and fauna, are very different from one island to another. While **El Hierro**, **La Palma** and **Tenerife** have a mountainous terrain; **Fuerteventura** and **Lanzarote** are flatter but full of volcanoes, craters and volcanic plugs. Whereas **La Gomera** has extensive laurel forests, **Fuerteventura** and **Lanzarote** have arid landscapes that result on a beautiful scenery with the variety of colours of their coasts.

In this trip you will get to know **Fuerteventura** and **Lanzarote** walking through volcanoes, unspoilt beaches and small islets. You will live an unforgettable experience creating memories of beautiful landscapes, scents and the contact with the friendly inhabitants.

2 Basic Information

Destination: Fuerteventura and Lanzarote. Canary Islands (Spain).

Activity: Walking.

Difficulty: * Technical level **

Duration: 9 days (including traveling days)

Season: All year round.

Minimum group: 4-8 people

2.1 Required physical condition and type of terrain

Physical level	Total elevation	Kms	Physical Condition
*	Up to 600 m	Up to 16 km	Normal: occasional sport practice
**	Up to 1200 m	Up to 23 km	Good: regular sport practice
***	Up to 1400 m	Over. 23 km	Very good: strict sport practice

Physical level category does not have to correspond exactly with given ascent and kilometers at the same time.

Type of terrain

* Good conditioned forest tracks and trails

** Good conditioned trails. Presence of stones and roots on the way requiring attentive hike.

*** Bumpy, stone loose tracks, including off trails

Observations. Walks are accessible for active people that does some hill walking frequently and that are able to climb between 400 – 600 metres daily at an easy pace and with a duration of 3 to 5 hours including stops.

3 Destination

Fuerteventura along with **Lanzarote** are the easternmost islands of the archipelago. **Puerto del Rosario** is Fuerteventura's capital, with a population of 117.000 inhabitants and it is the largest island of the province (las Palmas) and the second of the Canary Islands and the longest of the archipelago.

Fuerteventura not only attracts hill walkers, but also many tourists seeking to enjoy the sun at its splendid beaches. The presence of **strong winds**, makes the island a famous destination for the **windsurf** and **kite surf** lovers.

It is the oldest island of the archipelago and the landscape is quite flat due to the wear off of its volcanic mountains by erosion. We still find some hills in the Betancuria Massif, in the Pared isthmus and the Jandía peninsula, being its highest peak Pico de la Zarza (807 m).

The climate of Fuerteventura is arid, so the vegetation has to adapt to this harsh environment and the strong winds.

With regards to the fauna, there are abundant species of birds, many of which are migratory.

Like the other islands of the archipelago, the traveller can enjoy the gastronomy where the fish is the main element and where dishes from other islands are also available like **papas arrugadas con mojo** and **potaje canario**. We can't forget about the cheese, that won't leave anyone indifferent. They are elaborated from the **majonera goat's milk**. You will not regret a visit to one of the cheese factories!

Lanzarote is the westernmost island of the archipelago. All its territory is a **UNESCO biosphere reserve**. It has a population of 149.000 inhabitants and it is in **Arrecife**, the capital, where most of the people live.

Lanzarote has many attractions for visitors, but **Timanfaya National Park** deserves a special mention for being a volcanic landscape very unique. Furthermore, its beaches are a lure to visitors, and it is because of this that the island's economy rely on tourism. One of the most impressive geology formations are the **Corona Volcano and lava fields** and the **Ajaches Massif**.

Like **Fuerteventura**, **Lanzarote** has a subdesertic climate with very little rainfall and an average temperature of 17º for January and 25º for August.

César Manrique is the best-known artist of the island. His legacy can be found all over the island.

Similar to its neighbouring islands, the **fish**, the **papas arrugadas** and **mojo** are traditional dishes. **Lanzarote** stands out for its wines and cheeses.

4 Programme

4.1 Programme outline

Day 1. Flight to Fuerteventura (FUE). Reception at the airport and transfer to the accommodation.

Day 2. Trip to Morro Jable-Cofete. Jandía Natural Park.

Distance 15 km. Ascent + 600 m – 600 m Estimated time 4-6 horas (there is the option to make the route shorter).

Day 3. El Cardón Mountain. Betancuria RURAL Park. El Cutillo-Esquinzo Beach

Distance 6 km. Ascent + 420 m – 420 m Estimated time 3 hours.

Distance 7 km. Ascent + 120 m – 120 m Estimated time 2-3 hours.

Day 4. Trip to Lobos Island. Islote de Lobos Natural Park. Visit to Corralejo beach, Calderón Hondo volcano, Malpaís (lava field) de la Arena y Oliva.

Distance 12 km. Ascent + 110 m – 110 m Estimated time 3-4 hours.

Day 5. Transfer to Corralejo. Ferry from Fuerteventura to Lanzarote. Trip to Los Ajaches Natural Monument, Femés-La Casa and La Arena beaches-Quemada Beach.

Distance 10 km. Ascent + 220 m – 540 m Estimated time 3-4 hours

Day 6. Timanfaya National Park. Trip to **Caldera Blanca, Islote Hilario** and optional Volcano Route by bus. Visit to **Jaemos del Agua** and **Los Verdes Cave**.

Distance 10 km. Ascent + 350 m – 350 m Estimated time 3 hours

Day 7. Trip to La Graciosa Island. Free time at the beach. Chinijo Archipelago Natural Park.

Distance 16 km. Ascent + 200 m – 200 m Estimated time 4 hours.

Day 8. Gracioseros Way. Visit to Mirador del Río (viewpoint) and César Manrique Museum.

Distance 9 km. Ascent + 400 m – 400 m Estimated time 5 hours.

Day 9. Transfer to Lanzarote airport.

4.2 Detailed programme

Day 1. Flight to Fuerteventura (FUE). Reception at the airport and transfer to the accommodation. Depending on the time of arrival there is the possibility to do some visits on the area.

Day 2. Trip to Morro Jable-Cofete. Jandía Natural Park.

We will travel by car to the south of the island to visit the **Jandía Natural Park**, consisting on a mountain massif with volcanic origin that divides in two the thinnest part of Fuerteventura. The name comes from an endemic flora to the island: **cardón de Jandía**, a type of a cactus that has become one of the symbols of Fuerteventura.

We will do a lineal route to have the best views of **Cofete beach**, in the **Barlovento** coast. Later we will go to the spectacular beach of Cofete.

Distance 15 km. Ascent + 600 m – 600 m Estimated time 4-6 horas (there is the option to make the route shorter).

We have different opportunities to go for a swim in the ocean either at **Cofete** or at any of the beaches that we will visit along the route like **Esquinzo** or **Sotavento**.

Day 3. El Cardón Mountain. Betancuria RURAL Park. El Cotillo-Esquinzo Beach

Today we will do 3 visits from the South to the North including 3 walks in 3 interesting sites of **Fuerteventura**: we will climb **El Cardón**, we will visit **Betancuria Rural Park** stopping at **Betancuria** and **Morro Veloso Viewpoint** and we will finish the day at **sunset** walking along the beach and the cliffs of **Esquinzo Beach**.

El Cardón mountain, Montaña del Cardón Natural Monument.

We will walk along a mountainous area that is the remains of an old volcano. Its summit, the **Cardón**, is a **volcanic plug**. From the top there are great views over the **Fuerteventura's** south coast.

Distance 6 km. Ascent + 420 m – 420 m Estimated time 3 hours.

Betancuria and Morro Velosa Viewpoint

Betancuria is the former capital of **Fuerteventura**. Nowadays it preserves a beautiful old town that we will visit. Very close we find **Morro Velosa Viewpoint**, designed by **César Manrique**. This is a nice place to have a coffee and relax with great views.

El Cotillo-Esquinzo Beach.

From **Cotillo** we will go south along the coast to reach **Esquinzo Beach**. Always walking by the ocean, we will go up to the highest cliffs and then go down to unspoilt beaches. In a clear day we will enjoy a beautiful sunset.

Distance 7 km. Ascent + 120 m – 120 m Estimated time 2-3 hours.

Day 4. Trip to Lobos Island. Islote de Lobos Natural Park. Visit to Corralejo beach, Calderón Hondo volcano, Malpaís (lava field) de la Arena y Oliva.

Its name comes from the **monk seals**, also called **sea wolves**, that lived in this territory not long ago.

It is just a 15 min sailing journey to get to Lobos Island. Once there, we will do a circular route visiting several beaches.

Distance 12 km. Ascent + 110 m – 110 m Estimated time 3-4 hours.

*it is possible to buy a boat trip with a duration of 3 hours.

Back in **Fuerteventura** we will walk along **Corralejo beach** and we will finish the day visiting **Calderón Hondo volcano**, the rare landscape of **Malpaís de la Arena** and the small village of **Oliva**.

Day 5. Transfer to Corralejo. Ferry from Fuerteventura to Lanzarote. Trip to Los Ajaches Natural Monument, Femés-La Casa and La Arena beaches-Quemada Beach.

After we have arrived to **Lanzarote** at the south side of the island, we will travel by car to the small village of **Femés** (450m) that is the gate to the **Ajaches** massif.

Many birds of prey and seabirds live in the sea cliffs of this area.

We will start from **Femés** and we will go across the mountains that separate us from the sea to later start our way down to reach the beautiful beaches of **La Casa, El Paso, La Arena** and finishing at **Playa Quemada**.

Distance 10 km. Ascent + 220 m – 540 m Estimated time 3-4 hours

Day 6. Timanfaya National Park. Trip to Caldera Blanca, Islote Hilario and optional Volcano Route by bus. Visit to Jaemos del Agua and Los Verdes Cave.

Timanfaya National Park was created after a series of volcanic eruptions forming a landscape of great beauty. The last eruption occurred in 1824 but there is still an ongoing volcanic activity with hot spots that reach 100-130 °C in surface and even higher in deeper areas.

There are more than 25 volcanos in **Timanfaya** and, although we will not be able to climb all of them, at least we will go up to **Caldera Blanca** to discover this spectacular corner of the Canary archipelago.

Distance 10 km. Ascent + 350 m – 350 m Estimated time 3 hours

We will visit **Islote Hilario** where we will see the high temperatures reached in this point just below the surface. We recommend you to do the **Volcanoes Route**, that must be done by bus. The tour last for 30 min and you will cover 14 km of a beautiful road while the audio guide explains the origin and the peculiarities of the park.

In the afternoon we will visit **Jameos del Agua** and **Los Verdes Cave**, both located in the interior of a volcanic tube created during several eruptions of the **Corona Volcano**. Los Jameos del Agua were originated by a lake of sea water.

Day 7. Trip to La Graciosa Island. Free time at the beach. Chinijo Archipelago Natural Park.

La Graciosa is a small island located at the North East of **Lanzarote** and forms part of the **Chinijo Archipelago Natural Park**. “Chinijo” means in the local dialect small archipelago. It is the **largest marine reserve in Europe**, and above water, it is also of great interest its volcanic formations. We also find plant and animal species with special protection.

After a short trip by boat, we will disembark at **Caleta del Sebo**, a very picturesque village where the streets are made of sand.

We will cover walking part of the island, the interior and also the coast, with beautiful beaches in which to walk barefoot or go for a swim in the ocean.

Distance 16 km. Ascent + 200 m – 200 m Estimated time 4 hours.

Day 8. Gracioseros Way. Visit to Mirador del Río (viewpoint) and César Manrique Museum.

We will travel to the Northwest of Lanzarote to do a nice coastal route reaching **The Risco Beach**, with beautiful views of the **Graciosa Island**. The Gracioseros Way is an old path used by the inhabitants of La Graciosa on their arrival to Lanzarote.

Distance 9 km. Ascent + 400 m – 400 m Estimated time 5 hours.

Later on, we will visit Mirador del Rio by César Manrique and also the museum dedicated to this artist.

Day 9. Transfer to Lanzarote airport.

5 More Information

Price. 960 euros. 210 euros supplement for single room applies.

5.1 Included

- Certified Mountain Guide for the duration of the trip.

- 8 nights of hotel in a double room with breakfast included (single room supplement applies)
- Transfers: Private transfer from Fuerteventura airport, ferry from Fuerteventura to Lanzarote and transfer to Lanzarote airport.
- Accidents and rescue insurance cover.
- Trip management.

Accommodation:

- 2 nights at Hostal Tamonante * in Gran Tarajal, Fuerteventura. Breakfast included in a local café.
- 2 nights at Atlantic Garden Beach Mate Apartments *** in Corralejo, Fuerteventura. <https://www.atlanticgardenbeachmate.com>
- 4 nights at Galeon Playa Apartments *** in Costa Teguise, Lanzarote. Breakfast included. <https://www.galeonplaya.com>

5.2 Not included

- Flight tickets. Muntania can manage the flights for a 20€ fee. The inbound flight is to Fuerteventura and the outbound flight is from Lanzarote.
- Meals (they will be organised/suggested by the guide at local restaurants or packed lunches for the activities).
- Ferry to Lobos Island (16€ return ticket) and to La Graciosa Island (27€ return ticket)
- Entry tickets required to any protected area.
- Any other activity not including in the programme

5.3 Packing list

- Backpack (25-35 litres).
- Trekking boots or walking shoes.
- Technical clothing:
 - Socks.
 - Long and short trekking trousers.
 - Thermal t-shirt (base layer)
 - Fleece jacket or similar (second layer)
 - Gore-Tex jacket or similar (third layer)
 - Cap or hat for sun protection
- Sunglasses
- Water bottle (1 litre minimum)
- First aid kit and essential toiletries
- Sunscreen and SPF lip balm
- Expandable hiking poles.
- Camera
- Swimming suit

The luggage not needed during the walks or visits will be stored at the hotel/apartment. The days when we change accommodation, the luggage will be kept at the private vehicle while the group is doing the different activities and it will be collected at the new accommodation after all the visits have finished for the day.

We kindly ask you to pack a reasonable size suitcase as the storage space in the vehicle is limited.

5.4 Observations

Date Flexibility

Aside from the regular travel trip dates, we are flexible to reconsider new dates if those are more convenient to the client's leisure plans. Do not hesitate to contact us should you have any different dates in mind.

Time and meeting point

One week prior to the trip departure date, an email will be sent to each participant to give away the meeting point and time along with the guide contact information. At this point any information considered essential to the trip organization will be shared.

Plane tickets (if applicable)

If case you wish us to handle you plane ticket, please contact us with airport arrival and departure details and number of needed luggage. Before issuing any ticket, Price and details Will be send to the client for its approval.

Muntania fee for plane ticket management is 20€ per person.

If, otherwise, you handle your plane tickets, please coordinate with us before hand to check on arrival and departure information.

Please take into consideration getting with you on your carry-on luggage some set of clothing in case of checked luggage lose.

Double/sinlge room

There is the option to book a single room if there is availability. Please ask for more info if you are interested in this option.

If you don't want to pay the single room supplement, you can ask for a shared room. The availability of this option will depend on other passenger being interested in this option. We will try to find a roommate of the same gender but if this is not possible, we will always ask both parts for their consent. If the group number is uneven and everyone wants to share, the last person to make the payment will have to pay the single room supplement.

Other

The selection of itineraries can suffer changes due to bad weather conditions or other serious reasons. In any case, the guide will provide with the best alternative option.

The order of the itinerary can varies to adapt to the accommodation or attraction's availability.

Any change in the itinerary caused by reasons not related to Muntania Outdoors (for example weather conditions) could incur an extra fee for participants.

5.5 Insurance policy

All activities in Spain have an accident insurance included in the price. Yet, if you practise mountain sports regularly and also travel frequently, **we suggest you get a travel insurance**, that as well as covering any accident and rescue it also protect you against many other situations.

If you do not have a travel insurance you can acquire one with our travel agency. Exploring Spain processes all insurances with **Intermundial**. The cost of these insurances is lower if you buy it through Exploring Spain than if you do it directly with Intermundial.

EU RESIDENTS

Ski/Aventure Plus

It is a **travel insurance** and also **covers the practise of many sports and activities**. You can get one for the duration of the trip or for the whole year, being able to choose the starting date. If you get the insurance for a year, it will not only be valid for the trip with Exploring Spain but also it will be valid for any other trips or activities you may do during that year.

Ski/Aventure Plus with Cancelation

It has the same coverage that the previous insurance but also you will be cover in case of cancelation of the trip and tickets in case of force majeure (sickness, injury...) for yourself and/or a relative.

The travel insurance with cancelation that we offer, allows a refund of the costs already paid for up to 1.000 €. If the cost of the trip and flights is higher, you can extend the amount covered (under request).

Multi-assistance Plus with or without Cancelation

Both Multi-assistance Plus with or without Cancelation are **travel insurances with better coverage** than the Ski/Adventure Plus with or without cancelation but they **do not cover the practise of sports**.

This insurance can be of your interest if you already have an accident and rescue insurance that covers the activity that you will be doing in the trip, but you do not have a travel insurance. It can also be useful if you are interested in a trip without practising any sports.

NON EU RESIDENTS

Incoming Cancelation Plus

This insurance covers the costs of the trip and the tickets if you have to cancel the trip before the departure because of different reasons like for example a sickness (see conditions of the insurance).

This insurance can be useful if you already have a travel insurance but it does not cover the cancelation of the trip or if you already have an insurance covering sports and activities.

Incoming Ski/Aventure Plus with Cancelation

It is a **travel insurance** and also **covers the practise of many sports and activities**. You will also be cover in case of cancelation of the trip and tickets in case of force majeure (sickness, injury...) for yourself and/or a relative. You can get one for the duration of the trip or for the whole year, being able to choose the starting date. If you get the insurance for a year, it will not only be valid for the trip with Exploring Spain but also it will be valid for any other trips or activities you may do during that year.

The travel insurance with cancelation that we offer, allows a refund of the costs already paid for up to 2.000 €. If the cost of the trip and flights is higher, you can extend the amount covered (under request).

*Consult prices and conditions for Intermundial insurances with Exploring Spain following this link: <https://www.exploring-spain.com/insurances>

Included accident and rescue insurance

** Included accident and rescue insurance. Nº POLIZA 4020006195 Muntania Outdoors. Assistance phone number 24h 902 09 15 57 (it is the contact number for the insurance company Prebal, Previsión Balear M.P.S).

*** It is the customer's responsibility to inform the insurance company about the accident as soon as possible. Prior the departure for the trip, we will send you an email with the insurance policy number and the assistance number so you can have it during the trip.

**** Depending on where the accident happens, the customer will have to pay in advance if the insurance company indicates it, being the payment refunded by the insurance company within the policy's limits. In any case Exploring Spain – Muntania Outdoors S.L. is responsible for any advance payment required for the rescue or assistance.

5.6 Links of interest

- <https://www.holaislascanarias.com/fuerteventura/>
- <https://visitfuerteventura.es>
- <https://turismolanzarote.com>

5.7 Highlights

- Routes through mountains, sea cliffs and beaches.
- Volcanic landscapes.
- Good weather.
- Delicious local cousine.

6 Similar trips

- Mountains and sea cliffs of El Hierro. Canary Islands.
- Hiking in La Gomera and Tenerife. Canary Islands.
- La Palma island, the hiking paradise.
- Hiking in El Hierro. Canary Islands.

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7 Contact

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