



## **Sail and Hike the Canary Islands**

12 days, San Miguel Marina to Costa Adeje

Trip code ESVH

### **What's included**

- 6 nts aboard an 17m (57 ft) sailing yacht, fully licensed skipper
- Anaga Forest Hike and Chinamada Village visit

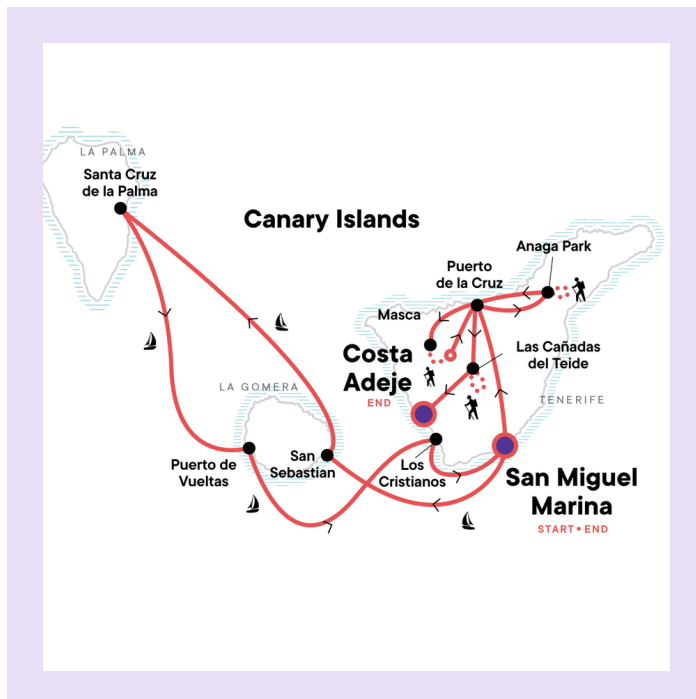
- Hike between the village of Erjos and Masca
- Orotava Orientation Visit
- Teide National Park Hike
- All transport between destinations and to/from included activities

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

**VERY IMPORTANT:** Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

**VALIDITY:** Valid for all trips departing July 31st, 2025 and onwards

## Itinerary



**NOTE:** Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

Day 1

## Isla de Tenerife

Arrive to the boat at 4pm for a welcome meeting and safety briefing. Settle into your cabins before heading ashore to pick up supplies for your upcoming adventure.

On our Canary Islands sailing trips, the G Adventures Skipper/CEO will help you make a food kitty, where around EUR 50 per person, per week will be added to the kitty for small food items on board to cover breakfasts, lunches and the odd dinner. Breakfasts and lunches are prepared by yourself, and most dinners are taken ashore at local restaurants.



### Today's Activities

Arrival Day and Welcome Meeting with G Representative

The adventure begins today. Feel free to explore, but make sure you're back in time to meet the group. Your G Representative will review the details of your tour.

Day 2

## Isla de Tenerife to San Sebastián de la Gomera

Set off on your first day of sailing from the island of Tenerife to La Gomera Island. Arrive to San Sebastian La Gomera in the afternoon and explore inland on the island and the national park.

Opt to go for a gentle hike, enjoy the scenery at a local alfresco café, or explore the historical town of San Sebastian on your own. Meet up with your Skipper and group for dinner in the evening, and if you're feeling like some local nightlife you can stay out on the town after or head back to the yacht for an early night.

Please note: While it is our intention to adhere to the route described here, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. Your Skipper will advise you of any amendments.



### Today's Activities

17m (56 ft) Sailing Yacht

San Miguel Marina - San Sebastián de la Gomera

5h-5h

50km

Get into the thick of things swiftly aboard one of our sharp-looking yachts.

Day 3

## San Sebastián de la Gomera/Santa Cruz de la Palma

With a long day at sea, try your hand at sailing or relax on deck. Arrive in Santa Cruz de la Palma in the early evening where you can begin to explore its variety of bars and cafés.

With a long day at sea today you will have time to practice your skills at sailing the boat, cooking lunch on the hoof (eating while on the move), or simply rest up below deck. Relax for the evening on deck or explore the wonderful town on foot.



### Today's Activities

17m (56 ft) Sailing Yacht

San Sebastián de la Gomera - Santa Cruz de la Palma

10h

93km

Get into the thick of things swiftly aboard one of our sharp-looking yachts.

Day 4

## Santa Cruz de la Palma

Spend the day ashore to discover and explore the lively city of Santa Cruz de la Palma. Visit the colourful Avenida Maritima, the impressive Iglesia del Salvador or wander the cobblestone streets surrounded by 15th century architecture. Finish the day at one of the many quaint bars and restaurants.

Full of museums, architecture, and centuries-old historical sites, the cobblestone streets of Santa Cruz are full of activity. A local guide can be arranged, or your Skipper can give you tips on the best things to see and do.



### Today's Activities

Free Time

Santa Cruz de la Palma

Make the most of a full free day to explore the capital city of La Palma Island.

Day 5

## Santa Cruz de la Palma to La Gomera

Set off early back to the island of La Gomera, this time exploring the island from the comfort of the yacht. Find several isolated anchorages, enjoy walks on the beach, and swim/snorkel right off the boat.

Join your fellow travellers and enjoy the team effort of cooking a meal onboard, and eat alfresco under the stars miles from anywhere. If weather permitting, tonight will be spent on anchor, so sit in the cockpit and gaze at the stars, or play some fun games with your fellow travellers while enjoying the wilderness.

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### Today's Activities

17m (56 ft) Sailing Yacht

Santa Cruz de la Palma - Puerto de Vueltas

8h

74km

Get into the thick of things swiftly aboard one of our sharp-looking yachts.

Day 6

## La Gomera to Los Cristianos

Arrive in Los Cristianos in time for lunch. In the afternoon enjoy swimming in the famous bay, or go ashore to wander the waterfront.

There are all sort of activities to immerse yourself into here, which include lots of water activities which can be arranged for you by your Skipper, or simply relax for the day on the beach.

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### Today's Activities

17m (56 ft) Sailing Yacht

Puerto de Vueltas - Los Cristianos

4h

39km

Get into the thick of things swiftly aboard one of our sharp-looking yachts.

Day 7

## San Miguel Marina/Puerto de la Cruz

Disembark and transfer across the island to Puerto de la Cruz where the second half of your adventure begins. Please note that this transfer is driver escorted. You will meet your new CEO this evening at the joining hotel.



### Accommodation

GF Noelia Hotel Playa Puerto de la Cruz (or similar)

Hotel



### Today's Activities

Private Vehicle

San Miguel Marina – Puerto de la Cruz

1h15m-1h30m

100km

Settle in and scan the scenery from the convenience of a private vehicle.

Day 8

## Puerto de la Cruz

Head north to Anaga Rural Park, a UNESCO Biosphere Reserve. Enjoy a guided hike through the ancient "Laurisilva" forest to the village of Chinamada where you can visit pre-historic cave houses. Return to Puerto de la Cruz for a free afternoon, opt to visit Sitio Litre botanical gardens or a local vineyard.



### Meals included

Breakfast | Lunch



### Accommodation

GF Noelia Hotel Playa Puerto de la Cruz (or similar)

Hotel



### Today's Activities

Private Vehicle

Puerto de la Cruz – Anaga Rural Park

45m

Settle in and scan the scenery from the convenience of a private vehicle.

Anaga Forest Hike and Chinamada Village

Anaga Rural Park – Chinamada

3h30m

6km

Hike through Anaga rural park, carved by volcanic eruptions over 7 million years ago and now a protected UNESCO World Heritage Biosphere Reserve. Enjoy the subtropical "laurisilva" forest, lush with trees, ferns, moss and lichen—a heaven for bird watchers. Continue to the coast and watch the landscape change as we follow the Atlantic cliffs and a drier climate to the village of Chinamada. Here we visit pre-historic cave dwellings and catch a glimpse into daily life.

Private Vehicle

Chinamada – Puerto de la Cruz

45m

Settle in and scan the scenery from the convenience of a private vehicle.

Free Time

Puerto de la Cruz

Take some time for explore on your own, or visit gardens and vineyards.



## Optional Activities - Day 8

Sitio Litre Gardens

Puerto de la Cruz

4.50EUR

Visit Sitio Litre, the oldest botanical garden on Tenerife, featuring an 18th century mansion. The gardens are lush and lovely and known for it's variety of orchids.

Day 9

## Puerto de la Cruz

Set out on a hike in the Teno Rural Park from the mountainside village of Erjos. Walk along a stunning mountain ridge to Cruz de Gala on your way to the Bolico summit. You'll also be able to see great views of the neighbouring islands and the ancient volcanic landscape in the Masca Valley of Masca. You'll finish up for the day in the picturesque village of Masca before returning to Puerto de la Cruz.



### Meals included

Breakfast | Lunch



### Accommodation

GF Noelia Hotel Playa Puerto de la Cruz (or similar)

Hotel



### Today's Activities

Private Vehicle

Puerto de la Cruz – Erjos

37km

Settle in and scan the scenery from the convenience of a private vehicle.

Hike to Masca Village through Teno Rural Park

Masca

4h-5h

16km

Today's hike to the village of Masca will be about 4-5 hours. You will start just above 600 meters and the elevation gain/loss is about 350 meters all together. The length is approximately 16km and offers rewarding views just about the whole way through.

Private Vehicle

Masca – Puerto de la Cruz

1h

Settle in and scan the scenery from the convenience of a private vehicle.

Day 10

## Puerto de la Cruz/Costa Adeje

Visit the colonial town of Orotava then hike through the volcanic caldera of Teide national park. Enjoy sweeping views of the park from the viewpoint at the summit of Samara. After continue on to the beach town of Costa Adeje.



### Meals included

Breakfast | Lunch



### Accommodation

GF Isabel Hotel Costa Adeje (or similar)

Hotel



### Today's Activities

Private Vehicle

Puerto de la Cruz – Orotava

45m-1h

Settle in and scan the scenery from the convenience of a private vehicle.

Orotava Orientation Visit

Orotava

30m-45m

Take a short visit to the colonial town of Orotava, gateway to Tenerife's volcano, Mount Teide. Take in the stunning architecture of the town, known for its beautiful interior courtyards and intricately carved wooden balconies.

Teide National Park Hike

Parque Nacional del Teide

8km

Hike in Teide national park, a UNESCO World Heritage site. This rocky trail takes us through the starkly beautiful volcanic landscape of ash, pumice and lava slopes within the 16km-wide crater. Hike up to the viewpoint on Samara peak for sweeping views and catch a glimpse of Mount Teide, Spain's highest Peak at 3718m.

Private Vehicle

Parque Nacional del Teide – Costa Adeje

1h

Settle in and scan the scenery from the convenience of a private vehicle.

Day 11

## Costa Adeje

Take a full free day to relax on the golden sand beaches Tenerife is admired for, wander the bustling promenade or opt for an excursion to the smaller island of La Gomera.



### Meals included

Breakfast



### Accommodation

GF Isabel Hotel Costa Adeje (or similar)

Hotel



### Today's Activities

Free Time

Costa Adeje

Take a full free day to enjoy Tenerife's beaches.



### Optional Activities - Day 11

La Gomera Excursion

La Gomera

170-190EUR

8h-10h

Set off on a full-day adventure from Tenerife to the island of La Gomera. Discover dramatic landscapes, local culture, and charming villages on this island escape with roundtrip ferry transfers, hiking and a local lunch.

Depart at any time.

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## Meals included

Breakfast

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## Today's Activities

Departure Day

Not ready to leave? Your CEO can help with travel arrangements to extend your adventure.

## What's included

- 6 nts aboard an 17m (57 ft) sailing yacht, fully licensed skipper
- Anaga Forest Hike and Chinamada Village visit
- Hike between the village of Erjos and Masca
- Orotava Orientation Visit
- Teide National Park Hike
- All transport between destinations and to/from included activities

## What are the main highlights of this trip?

Relax on sun-drenched beaches and swim in crystal-clear waters, Try your hand at sailing or simply kick back on deck, Hike through the leafy laurisilva forests of Anaga, Wander the otherworldly, volcanic landscapes of Las Cañadas del Teide, Trek from the mountain village of Erjos down to Masca's dramatic gorge

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## **Is there a disclaimer I should read before booking this trip?**

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**VERY IMPORTANT:** Please ensure that you view a final copy of your Trip Details a couple of days prior to travel, in case there have been changes that affect your plans.

## **Is there a travel disclaimer for my itinerary I should review before booking this trip?**

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

# What important notes should I be aware of before the trip?

1. Please note that due to weather conditions, it is possible that the sailboat won't be able to dock in Tenerife, meaning that it may be required to take a short ferry ride to the boat at the start of the trip, or back to Tenerife at the end of the trip.
2. Space is limited on the boat and especially in your cabin. You can only take soft sided luggage on board, such as a mid-sized backpack or soft duffel bag. (Less than is 15kgs). Suitcases are not appropriate for our Sailing adventures as they are not flexible enough to fit into the niches available for luggage.
3. Fresh water is very limited on board, and as such we ask for your understanding that showers are limited to one quick shower per person a day.
4. It's important to note that the beds in the cabins are not the usual length of a standard bed. The length is approximately 1.8 meters (6 feet).
5. Electrical outlets on board are European style with 2 pins (240V), and are only operational while in port. It is highly recommended to bring an external battery pack for charging personal electronics.
6. This is a self-catering trip, and everybody will be expected to participate, cleaning up after themselves, and keeping the boat ship shape at all times (including washing the dishes, and emptying the bins when ashore), for safety and hygiene.
7. Physical Rating:
  - You should be able to climb up small steep ladders, and walk over a wooden plank (without a handrail) when boarding/disembarking the vessel, and be physically able to carry your luggage.
  - You will often be climbing in and out of the yachts inflatable tenders daily, which can include, beach landing spots and boarding/disembarking the tender from the yacht in sometimes challenging conditions.
  - Moving around the yacht while under sail can be challenging as it moves in the waves or heels over to its side. You should be physically able, and comfortable, to move about in such conditions.
8. If you don't have an EU Drivers Licence, make sure to get an International Licence to be able to rent a vehicle on the islands.
9. Twin cabins will have a double bed on the bottom bunk and a single bed on the top bunk. The Twin cabins has a shared bathroom, and will be shared with the Skipper CEO/Captain.
10. Kindly note that there may be one or two longer travel days specified on the itinerary, and we appreciate your understanding as we strive to ensure a safe and enjoyable experience.
11. It is recommended that any condition that could affect your movement, balance, or awareness be discussed with your doctor beforehand, and disclosed to the Skipper CEO/Captain for safety.
12. Pre-Trip Contact (G App)

For an enhanced sailing experience, we highly recommend downloading the G Adventures App. This essential tool provides your joining instructions and allows you to connect with your Skipper CEO two days prior to your departure date. Your Skipper CEO will also reach out through the G app chat section with any updates and information required. Stay informed and prepared by accessing all necessary trip details through the app. Ensure a seamless and stress-free start to your adventure by downloading the G Adventures App today!

#### OPTIONAL ACTIVITIES NOTE:

During high season in Europe (May-October) we highly recommend booking reservations for any popular optional activities/museum tickets etc. in advance to avoid encountering sold-out activities on the ground while on tour.

#### BOOKING FLIGHTS

When booking flights, please note there are two airports serving Tenerife. Tenerife North Airport (TFN) is most convenient for joining your adventure in Puerto de la Cruz, and Tenerife South Airport (TFS) is closer to your finishing point in Costa Adeje.

## What is the role of the group leader during this trip?

A G Adventures Skipper CEO will be with the group for the first half of your journey and a CEO will join for the remainder. The aim of the Skipper CEO is to take the hassle out of your travels and to help you have the best trip possible, as well as taking complete charge of the sailing, your safety on board and the safety of the vessel. As this is a real sailing adventure, our Skipper might also request your help on board and will be more than happy to impart some of their vast sailing knowledge during the course of the journey. Our Skippers are all fully licensed with many years of experience sailing around the world. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and you can expect your skipper to have a broad general knowledge of the Canary Islands you will visit. Your CEO will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting - we think it's the best of both worlds.

## How large will the group be?

Max 16

## What meals are included in this trip?

5 breakfasts, 3 lunches

## What are the meals like on this trip?

Eating is a big part of traveling. G Adventures understands the importance of breakfast to start your day, we strive to include a basic breakfast wherever possible. A typical breakfast may include toast, cereal, coffee and tea, however this may vary depending on the city. Should breakfast not be included, your CEO can suggest some local options.

Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your CEO will be able to suggest favourite restaurants during your trip.

For all trips please refer to the meals included and budget information for included meals and meal budgets.

## **What are the modes of transportation on my trip?**

17m (57 ft) sailing yacht, private vehicle, hiking.

## **What transportation will we take on this trip?**

Our 57ft sailing boats are equipped with state of the art technology offering all travellers onboard a safe and enjoyable experience. Space is optimized – sleeping quarters are snug, meaning that more of the boat is open from everyone to enjoy. Cabins are allotted by the skipper based on the gender and traveller make-up of the group.

## **Is there an extra cost for travelling solo?**

We believe solo travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and solo travellers on these itineraries must pay the single trip price.

## **Where will we stay during the trip?**

5 twin/double bed cabins with en suite or shared facilities, Hotels (5 nts).

## **Will I get my own room?**

Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single room for all night stops.

Please be aware that single room accommodations in European hotels are often smaller, and may not be to the same service level as double-occupancy rooms.

# What are the joining instructions?

## MEETING POINT:

Restaurante El Mirador de la Marina - (Meet at the cafe down stairs, which is beside the San Miguel Marina office)  
38639 Amarilla Golf, Santa Cruz de Tenerife

PLEASE NOTE THAT YOU ARE REQUIRED TO BE AT THE JOINING POINT AT 4pm ON DAY 1.

There will be a table reserved with a G Adventures sign, your Skipper will meet you there at 4pm. Your Skipper will organize a short welcome meeting soon after arrival, during which you will meet other tour participants and receive information about general and specific aspects of the trip.

From Tenerife South airport (TFS): you can take a bus to the Urbanization 'Golf del Sur' and then walk down to Marina San Miguel OR please follow the link below to arrange a taxi

To arrange an arrival or departure transfer, we recommend you book through our preferred transfer provider - [Welcome Pickups](#)

We advise that you book both your arrival and departure transfers in advance. Please make sure you have the following details before booking:

- Flight number
- Flight Arrival Time and Date
- Flight Departure Time and Date
- Passenger's Name
- Number of Passengers
- Email
- Valid Mobile Telephone Number
- Drop off and/or Pick Up Address

# What happens if I experience problems when arriving?

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, please contact the Skipper CEO directly via the G Adventures app as soon as possible. Or to in touch with the Head Skipper, please refer to our Emergency contact details below. We recommend sending a text and/or whatsapp to the numbers listed under Emergency Contact with your trip code details.

## Who should I contact in case of an emergency?

Should you need to contact us in a situation demanding urgent assistance, we kindly request that you reserve the use of our emergency phone strictly for genuine emergencies. For immediate support, we recommend reaching out to either the G Adventures Representative or our G Adventures Office by phone. If, for any reason, an immediate response is not received, please leave a comprehensive message along with your contact information. This will enable our team to promptly return your call and provide the necessary assistance. In the case of a severe emergency, please contact:

Skipper +34 697 770 552

Operations +94 777 353 606

Director of Global Sailing +353 87 660 0644

If you are unable for any reason to contact our local office, please call the numbers listed below which will connect you directly with our Sales team who will happily assist you. Hours of operation by region can be found [here](#)

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0344 272 2060

Calls from Germany: 0800 365 1000

Calls from Australia: 1300 853 325

Calls from New Zealand: 0800 333 415

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

ALL OTHER EUROPEAN COUNTRIES: +44 207 243 9878

## Are there any additional packing suggestions I should consider?

There is limited space on the yachts. We recommend the use of a duffel bag or backpack. A good size daypack is also essential.

PLEASE NOTE: No hard suitcases are permitted due to limited space. Waterproof / windproof 'spray' jacket is essential, even in warm climates.

# What should be on my packing list?

## Documents:

- Flight info (required) (Printouts of e-tickets may be required at the border)
- Insurance info (required) (With photocopies)
- Passport (required) (With photocopies)
- Vouchers and pre-departure information (required)
- Visas or vaccination certificates (With photocopies)

## Essentials:

- Toiletries (required) (Shampoo, bodywash, soap, etc.)
- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- Headphones (Noise-cancelling recommended)
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Swimwear
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

## Health & Safety:

- Face masks (Clients will be only be required to wear a face mask where it is mandated by local regulations.)
- Hand sanitizer
- Pen (Please bring your own pen for filling out documents.)

### **Light Hiking:**

- Hiking boots
- Hiking pants (Convertible/Zip-off and quick dry recommended)
- Walking poles

### **Marine:**

- Drybag (Will help keep cameras and essentials dry)
- External battery pack
- High UV sunscreen
- Locks for bags
- Motion sickness tablets
- Sandals/flip-flops (Extra pair of deck shoes or sandals recommended)
- Sarong
- Small travel towel
- Snorkel gear (optional) (Only if own equipment is preferred.)
- Sun hat/bandana

### **Warm Weather:**

- Sandals/flip-flops
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sturdy water shoes/sandals
- Sun hat/bandana
- Swimwear

## **When can I do my laundry on this trip?**

Laundry facilities can be found in some harbors, ask your skipper for the best places. Then, laundry facilities are offered by some of our hotels for a charge or ask your CEO where the closest laundromat is. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

## What are the visas and entry requirements for my trip?

All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provide the following information in good faith, it is vital that you check the information yourself and understand that you are fully responsible for your own visa requirements.

Visa information specific to your destination and nationality can be found in our Important Pre-Departure Information page [here](#)

As of 2025, various European countries are introducing ETIAS travel authorisation as an entry requirement for visa-exempt nationals.

We highly recommend you checking in advance how your nationality and country/s you are visiting may be affected. Further details can be found [here](#)

Last updated: January 27th 2025

## What should I consider when planning my personal expenses and discretionary spending for this itinerary?

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

During the trip please allow \$150-170USD (or equivalent) on tour for taxi/bus/tour vehicle around the islands while exploring, and the transport for optional activities for the sailing segment specifically.

## What should I know about currency, credit cards, and exchanging money while on this tour?

Credit cards and debit cards are very useful for cash advances. Visa cards are the most widely accepted cards. While ATMs are widely available, there are no guarantees that your credit or debit cards will actually work in Western Europe. Check with your bank. You should be aware that to purchase products or services on a credit card a fee of 5%-10% usually applies. Do not rely on credit or debit cards as your only source of money. A combination of Euros, travellers cheques and cards is best. Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds.

As currency exchange rates can fluctuate often we ask that you refer to the following website for daily exchange rates: [www.xe.com](http://www.xe.com)

## How much emergency money should I bring on this trip?

Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

## Should I be tipping on my trip?

While conventions can vary from country to country, tipping is customary in Europe. A general rule is 10% of the bill for wait staff, and a smaller amount (€1 or €2) for other service providers.

Tipping is an expected - though not compulsory - component of your tour program, and an expression of satisfaction with the persons who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides. You may do this individually, or your CEO will offer to collect the money and tip as a group. Recommendations for tipping local guides would range from €6-8 per day, depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture.

At the end of each trip, if you felt your G Adventures CEO did an outstanding job, tipping is expected and appreciated. The precise amount is a personal preference, however €30-€40 per person, per week can be used as a guideline.

## What activities are optional on this trip?

### **Puerto de la Cruz**

- Sitio Litre Gardens (4.50EUR per person)

### **La Gomera**

- La Gomera Excursion (170-190EUR per person)

## **Are there any health considerations I should know before travelling?**

Please note: We do not have a constant power source onboard, and cannot facilitate the use of Sleep Apnea/CPAP machines. Bringing a suitable battery pack is required.

Inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

No particular health issues in the Canary Islands, just that in some more remote islands bottled water is more recommended to drink. Just keep in mind that some heat waves are possible from June to October all over the country. People who are sensitive to seasickness should come prepared.

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit, hand sanitizers / antibacterial wipes as well as any personal medical requirements.

## What do I need to know to about safety and security on my trip?

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your CEO will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your CEO will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Protests and Demonstrations- Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards) have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk.

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit:

[www.gadventures.com/travel-resources/safety/](http://www.gadventures.com/travel-resources/safety/)

## What rules should I know before joining this trip?

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter and in particular the local people who make the world the special place it is. The exploitation of people in the sex trade is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they utilize the services of paid sex workers, in any capacity.

## Is travel insurance required for my trip?

Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your CEO, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

## What is Planeterra?

Planeterra International Foundation is a non-profit organization committed to turning travel into impact by helping local communities earn an income from tourism. Planeterra connects underserved local communities to the benefits of tourism by developing and supporting small community-owned businesses. These businesses support Indigenous people, empower women, grant youth access to employment opportunities, and protect the environment. Planeterra also works to ensure these businesses have a thriving customer base by integrating their projects into G Adventures' itineraries globally.

G Adventures is Planeterra's largest corporate donor, covering all operating costs, so 100% of your donation will bring opportunity to people in need.

G Adventures Dollar-a-day Program - Make Every Day Count - Turn your travel into impact with [Planeterra Foundation](#).

Did you know? Most communities around the world do not benefit from tourism. Give back to the places you visit on your travels by creating opportunities for local people to earn an income, and protect the environment.

Make every day count by donating \$1/day for the length of your trip, and join us in empowering the communities you will visit when you travel. 100% of your donation goes directly to Planeterra projects.

## How can I share feedback about my trip experience?

Earn 5% off your next G Adventures Tour (up to \$100 USD)\*

After your travels, we want to hear from you! Your feedback information is so important to us and to thank you for your time, we are pleased to offer a 5% discount (up to a maximum of \$100 USD) off your next G Adventures holiday. All you need to do is submit the form within 4 weeks of the completion of your tour, and you'll be able to join the thousands of travellers who have taken 2, 3, 4 or even 10 or more tours with us!

Discount cannot be combined with other offers or applied to 'Independent' style trips. Maximum discount value is \$100 USD (or equivalent currency). Valid for new bookings only. G Adventures reserves the right to withdraw or modify this offer at any time without notice. Limited to one discount per person.

## Does G Adventures have an email newsletter I can subscribe to?

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at [www.gadventures.com/newsletters/](http://www.gadventures.com/newsletters/)

Stay current on how our company invests in our global community through our foundation – Planeterra. Sign up for [Planeterra's monthly news](#) to learn more about how to give back and support the people and places we love to visit.

## How old must I be to join this trip?

Minimum age of 16 years for this trip.

## Are international flights included in this trip?

No, international flights are generally not included in the price of your tour.

However, on some combo tours travelling between two different countries, international flights are included as part of the itinerary and price of the tour. Please speak to your GCO or booking agent for further details.

In addition, check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.

## What should LGBTQ+ travellers know about safety and travel considerations on this trip?

The safety and well-being of all of our travelers is a priority at G Adventures and that includes our travelers who identify as part of the LGBTQ+ community. We recognize that there are specific concerns and questions you may have about your adventure in terms of safety and security. We encourage you to visit our [LGBTQ+ page](#) for useful resources to ensure you feel safe and comfortable throughout the duration of your trip. The Equaldex tool linked on this page can be of particular help when deciding where you may want to visit next.

## Dossier Disclaimer

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and the operator. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

**VERY IMPORTANT:** Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

## Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.