

LANZAROTE : *An Island of Fire and Lava* **8 days /7 nights**

Information file

Here is a comprehensive guide to holidays in Lanzarote , the 300- volcano- island.

ITINERARY

Starting in the desert where the rugged landscape was shaped by volcanic activity , and continuing through quaint villages , real oasis architecturally marked by the legacy of the painter and sculptor César Manrique . This itinerary will allow you to discover not only the fire mountains, the sparkling colours of the living places but also numerous historical and cultural places of interest on the island . From the southern headland of Papagayo to the abandoned pink salt works and marshes of the north of the island ,without forgetting to mention the discovery of the small island of 'La Graciosa' . We will enjoy the beautiful landscapes , white sand beaches and a mild climate on this quiet island far from the crowd .

D1:Flight Paris /Arrecife.Transfer to the north of the island to the village of Orzola :a small fishing village.Short walk from the fisher 's port to the Mirador del Rio. Meal in a restaurant.Night in Orzola

D2;Trek on the volcanic massif of the north of the island on the edges of the Famara cliffs to the oasis of Haria a splendid village nestled in the hollow of a small valley planted with palm trees. Meal and night in Orzola (walk : 3 hours)

□ 250 mètres □ 250 mètres.

D3 :crossing by boat to the Caleta del Sebo , the only village on Graciosa island . Trek around the island by the very beautiful beach de la Cocina (swimming there is possible), ascent of the Montana Amarilla volcano . Meal and night in Orzola

(walk : 3 hours)□ 180 metres □ 180 metres.

D4 :visit of the southern coast of the island . The salt marshes of Janubio , then the strange emerald lake of El Golfo . Ascent of the ancient massif of Los ajaches overlooking the famous beach de Papagayo. Meal and night in Orzola .

(walk : 3h) . □ 260 metres □ 260 metres.

D5 :visit of the center of interpretation of the the volcanos and ascent of the Caldera Blanca volcano . On the way back : visit of the National park of Timanfaya ; spectacular landscapes with a variety of hues . We'll be back in Orzola by the end of the day.

(walk : 3h30 – 4h00) □ 300 metres □ 300 metres.

D6 :We'll move out to the west of the island where the volcanic activity is more recent. Ascent of the volcano of Las lapas looking for olivine gems , hiking up to the top of the Guardilama (603m) ; a breathtaking birds eye view over the vine yards of La Gèria where every vine stock planted into the volcanic sand is protected against the wind and the drought by a small wall of stone ; landscapes dotted with black circles out of which gush green vines that produce the famous wine of Malvoisie. We will walk down the slopes of the volcano to a bodega . Driving back to Orzola , visit of the former capital city of the island :Tegguise and its typically Canarian charm.

(Walk : 4h30). □ 300 mètres □ 300 mètres.

D7 : trek through the countryside of the north of the island around the village of Ye . We'll

go down to a wild beach at the feet of the Famara cliffs, and will head back to Orzola in the evening . No meal is planned..

(walk : 4h30) □ 450 metres □ 350 metres.

D8 : According to the time of your flight back , visit of the Private Foundation César Manrique which was built and dug out in an old lava flow....Transfer to the airport and flight to Paris

The guide might have to modify , arrange or change the itinerary according to the level of the group , which will not take anything away from the interest of the holiday considering the natural treasures of the island . The chronological order of the activities might be modified according to the weather conditions . The trip on the island of la Graciosa might be cancelled in case of rough sea weather because we can not guarantee that boats will leave .

FEATURES OF THE HOLIDAY

Destination : Spain , the Canary Islands

Level : Easy

-Highest altitude reached : 670 m

-Maximum difference of altitude :450 metres on Day 7

-Specific difficulties: the terrain is sometimes stony

-Type of ground/terrain : off-path and on-path sandy and volcanic grounds

-Rucksack : a day bag and a pic nic

-Group :between 8 and 16 participants

-Transport :in a minibus .

-Support staff ; a Spanish guide or a French mountain courier .

-Meeting point ; Arecife 's airport

-End of the holiday ; Arecife 's airport

-Type of holiday :a central accomodation with daily excursions to surrounding sites, between 4 and 5 hours of trek daily

-Rucksack : a day bag

Transport : transfers to the initial points of the treks . Crossing by boat to reach the island of La Graciosa .

Meals and lodging : 6 nights in small private flats/appartments in the smal quaint village of Orzola(from 2 to 4 people, small double rooms , kitchen , bathroom)

Note that during these 6 days you'll be self catering breakfast with the help of your guide and will eat it in one of the flats. You will be expected to really help him to fix them.

Dinner in restaurants . Various and whole pic-nics during the day + food ration packs .

FORMALITIES VACCINATION

FORMALITIES

-a valid passport or a National identity card for EU residents

-a E111 certificate provided by the social security services within 10 days (in case of health problems)

-parents' autorisation for unaccompanied minors travelling abroad

-a driving licence (vehicle driven by the guide and the participants)

VACCINATIONS

No vaccination is required .Yet , we strongly advise you to check if your tetanus , Polio and Typhoid (Typhim VI) vaccines are up to date .

Health check-up : you need to be healthy to fully enjoy your holiday ; so if your last health check up was a long time ago ...take the opportunity to take a new one and explain to your GP the main features of your holiday (climate , altitude , difficulties) to go to the dentist's would be an excellent initiative too.

PERSONAL GEAR

LUGGAGE

All your luggage must fit into two bags

– a small rucksack . You will bring it in the plane and will carry it as a rucksack/knapsack during the treks. It should not be too big (between 35 and 40 liters max) you must put what's fragile and heavy in it and what might be useful between the check-in and the check- out at the airports .

– For instance : photo cameras and films , jackets , books , magazines ,

Thank you to let all your sharp objects into the baggage hold .

During the trek your rucksack will be used as a daybag and the guides will tell you what you should bring daily.

A travel bag , which will travel in the compartment of the plane During the trek the belongings you do not use will stay in this bag and will be carried in the vehicles until you get them back in the evening. Maximum weight of this bag : 15 kg .

CLOTHING/SHOES

CLOTHING

– a hat - a goretex® waterproof jacket -a pair of heavy cotton trouser

– -a tee shirt -a poncho style rain wrap -shorts

-swimsuit

– _socks

– -a pullover or a polar fleece

– -underwear

– a light shirt with long sleeves

SHOES

Light canvas hiking boots , a pair of trainers or/and sandals or flip flops to put on the evenings .

LIGHT GEAR

sunglasses , sun protection , a hand knife (you will put imperatively in the baggage hold .)

a flask (one litre minimum) , light toiletries , a towel.

PERSONAL FIRST AID KIT

The medecine you usally take , C vitamins or multivitamins , Elastoplast® Bandage(5cm x 2,5m) to prevent blisters ,Compeed® . It won't be easy to go to a pharmacy during the holiday because the nearest is

in Mala , 15 kilometers away from Orzola. Remember to bring the medecine/drug you usually need and take .

COLLECTIVE FIRST AID KIT

Your guide will always bring his collective first aid kit

GOOD TO KNOW

MONEY /CURRENCIES

-Credit cards (VISA Cards , Mastercards ...) are accepted everywhere

-make sure to take Euros to pay for your drinks and personal spendings such as museum visits or the dinner

in the restaurant on the last evening .(about 80 Euros)

CLIMATE

mild and nice winters , particularly sunny and dry when the wind of the east blows from Africa .

temperatures Day

winter 17°C 25°C

spring 18°C 28 °C

summer 18C 28°C

VIDEOS PHOTOS

No government authorization is required

CARTOGRAPHY

Map in English ED Clyde Surveys number 12 «Canary Islands»