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# Gran Canaria Walking

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*Gran Canaria Walking*

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## EVELYN RICHARD

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The Banana Road Cicerone Press Limited  
This guide to Malta, Gozo and Comina includes: topographical walking maps; fold-out touring maps; many short walks and picnic suggestions - suitable for hot summer days and for those with young children; and an update service with specific route-change information.

**Run Like Duck** Cicerone PressLtd  
Guide to walking on La Palma. In total 45 day walks are described ranging from 7 to 32km in length, and covering a wide variety of terrain. Although La Palma is one of the smaller Canary Islands, there are routes of all types from easy strolls to hands-on scrambling, from simple day

walks to long-distance treks on rocky mountain paths, including the GR130, which circumnavigates the island, and the island-hopping GR131. With full route descriptions, including custom-made maps, refreshment options and transport for each walk, accommodation, useful contacts and a Spanish-English glossary. The book also includes lots of background information on geology, wildlife, plants and flowers. The circular GR130 trail takes about a week to complete and can be started and finished at any point around the island. The GR131 trail is exclusively high level and mountainous, requiring careful planning. The dramatic volcanic landscape of La Palma, reputed to be one of the steepest islands in the world, is little-known outside the Canaries, but

offers an ideal winter walking destination for walkers of most abilities, featuring rocky treks and mountain paths.

**Walking on Lanzarote and Fuerteventura** Apa Publications (UK) Limited

Walk This Way features the best of Tenerife's walking routes written by travel writers who specialise in Tenerife and the Canary Islands. Some are well trodden favourites, others are strangers to the walking groups; lovely trails that were once the lifeline between communities and are now only used by neighbours and by cats on their morning constitucionals. The book includes: Concise and accurate directions, distances and timings for more than 30 of Tenerife's best walking routes from around the island. Grouped by

geographical area, advice is given on weather conditions, types of terrain, what flora and landscapes to expect and even where to answer a call of nature in each location. Routes cover distances that vary from 1km to 17.5km with walking times varying from 1hr to 6hrs 20mins and from easy strolling to trails recommended for fit and experienced hikers only.

Comprehensive information on how to get to the start of routes by car and by public transport; points of interest, where to find refreshments and where to stay for easy access to routes. Appendices give quick reference guides to routes by a variety of criteria including length, location, time taken, terrain, family-friendly etc. And much, much more...

*Gran Canaria South Walking Guide*  
Cicerone Press

This guidebook describes 21 walks on Lanzarote, 2 on Isla La Graciosa (off Lanzarote's northern coast) and 22 on Fuerteventura, including 14 walks on the GR131 long distance trail, which traverses all seven of the Canary Islands (including Isla de Lobos at the tip of Fuerteventura). The routes span a wide range of arid, agricultural and natural areas. Walks

feature hill and mountain trails, Lanzarote's Timanfaya volcanic national park, coastal walks along Fuerteventura's golden beaches and ancient island villages. Routes are illustrated with the author's own clear, custom-drawn colour maps and inspirational photography. Full contact information is included for public transport and accommodation providers and tourist information offices as well as an extensive topographical glossary and route summary table to help you choose the best walk, or combine a couple of routes, according your requirements. Walking on Lanzarote and Fuerteventura is part of a five-volume series to the whole of the Canary Islands.

**Trekking in Mallorca** Cicerone Press Limited

This guidebook describes 50 circular walks and scrambles exploring the Costa Blanca mountains, around the resorts of Alicante, Benidorm and Calp. These routes range from gentle strolls to demanding days with steep climbs, and from 3-20km in distance. The Mediterranean coast is one of Europe's most popular winter sun adventure destinations. In general UK visitors are best suited to the heat from

late autumn to early spring. Beyond the beaches and high rises lies a completely different world of accessible, rocky mountains and knife-edge ridges that stretch away in long chains of gleaming white limestone pinnacles, and the range of walks ensures that everyone can enjoy this spectacular Spanish landscape. Walking on Costa Blanca also includes background information on local geology, wildlife and history, and planning details on where to go, where to stay and what to take.

**Tenerife** Cicerone Press Limited

At just over 100 miles long, and taking 7 to 10 days to complete, the Arctic Circle Trail crosses the largest ice-free patch of West Greenland. This splendid trekking route, lying 25-30 miles north of the Arctic Circle runs from Kangerlussuaq to Sisimiut (both of which have airport access). The trail traverses remote, empty, silent and stunningly scenic arctic tundra, and is mostly gently graded with just a few short, steep and rocky slopes. However, the landscape between the two towns of Kangerlussuaq and Sisimiut is extremely remote and those who choose to take on this route must be completely self-

sufficient. The book includes plenty of practical information on what to take with you and when to go, as well as on safety, travel and accommodation. Fully illustrated with a variety of photographs and its route is highlighted on continuous trekking maps. The guide also includes an optional extension to the Greenlandic ice cap.

**Walking in the Canary Islands: Vol 2**

**East** Hunter Publishing, Inc

La Gomera can be considered the wildest of the Canary Islands. From the central highlands of the almost 1500-metre high island, countless, steep-walled gorges wind down to the sea, slicing the otherwise gently sloping island coast like a cake. La Gomera is made for nature-loving walkers, and offers an incredible variety in its countryside: Idyllic valleys with terraced fields and palm groves stand in contrast to precipitous cliffs and spectacular gorges; the magical laurel forests of Garajonay National Park are countered by pine forests and banana plantations. Thus, the hiker can expect a pleasant stroll like no other, between blazing lava beaches, lush, misty primeval forests, ridges shrouded in clouds – and

the ever-present, deep-blue Atlantic. This Rother Walking Guide presents the hiker with a wide variety of entertaining tour recommendations encompassing all regions of La Gomera. These walks range from comfortable paths through palm-studded valleys, to tranquil mountain strolls, to panoramic summit climbs – hiking trails through the dreamy, misty primeval forest are mentioned, as well as the partly paved caminos, which once represented the main connecting roads between villages. Many of the 70 tour recommendations are ideal for less experienced hikers. Yet experienced mountain hikers who are not afraid of power hikes and can handle a shot of adventure and risk will also find a rich selection of routes. This excellently researched guide is enhanced by outstanding colour photos and map excerpts based on the Freytag&Berndt hiking map of Gomera (scale 1:35,000), and is highly recommended to all mountain fans of the island. Walkers also interested in the neighbouring islands should check out the Rother Walking Guides on La Palma, Tenerife and Gran Canaria.

Gran Canaria Mountains Tour and Trail Map Cicerone Press Limited

This guide provides 45 walking routes revealing all the best walking to be had on Tenerife, including routes on the slopes of, and ascent of El Teide, and along the GR131. With distance and difficulty ranging mainly from 4-12 miles and from easy to arduous there is suitable challenge for walkers of all abilities, including a 20 miles 'Three Peaks of Tenerife' tour

**Landscapes of Gran Canaria** Cicerone Press Limited

Discover the best of Tenerife & La Gomera with this compact, practical, entertaining Pocket Rough Guide. This slim, trim treasure trove of trustworthy travel information is ideal for travellers on short trips, and covers all the key sights such as Mount Teide, Icod de los Vinos, El Encantadora, restaurants, shops, cafes and bars, plus inspired ideas for day-trips, with honest independent recommendations from expert authors. The Pocket Rough Guide Tenerife & La Gomera covers: Santa Cruz; La Laguna; the Anaga; Candelaria and Güímar; Puerto de la Cruz; La Orotava; Garachico; the Teno; the West Coast; the Southwest

resorts; the South Coast; Teide; the Interior; San Sebastián and Playa de Santiago; Valle Gran Rey; Northern La Gomera. Inside this travel guide you will find: **RECOMMENDATIONS FOR EVERY TYPE OF TRAVELLER** Experiences selection for every kind of trip to Tenerife & La Gomera, from off-the-beaten-track adventures in Santa Cruz to family activities in child-friendly places, like La Laguna or chilled-out breaks in popular tourist areas, like Puerto de la Cruz. **INCISIVE AREA-BY-AREA OVERVIEWS** Covering the Anaga, San Sebastián, Valle Gran Rey and more, the practical Places section provides all you need to know about must-see sights and the best places to eat, drink, sleep and shop. **TIME-SAVING ITINERARIES** The routes suggested by Rough Guides' expert writers cover top attractions like Barranco del Infierno and Costa Martiánez and hidden gems like Teide National Park and Parque García Sanabria. **DAY-TRIPS** Venture further afield to Los Gigantes or El Sauzal. This tells you why to go, how to get there, and what to see when you arrive. **HONEST INDEPENDENT REVIEWS** Written with Rough Guides' trademark blend of

humour, honesty and expertise, our expert writers will help you make the most of your trip to Tenerife & La Gomera. **COMPACT FORMAT** Packed with pertinent practical information, this is a convenient companion when you're out and about exploring Agulo. **HANDY PULL-OUT MAP** With every major sight and listing highlighted, the pull-out map makes on-the-ground navigation easy. **ATTRACTIVE USER-FRIENDLY DESIGN** Features fresh magazine-style layout, inspirational colour photography and colour-coded maps throughout. **PRACTICAL TRAVEL TIPS** Includes invaluable background information on how to get to Tenerife & La Gomera, getting around, health guidance, tourist information, festivals and events, plus an A-Z directory and a handy language section and glossary. Walking and Trekking in Iceland Cicerone Press  
This walking and trekking guidebook offers a total of 49 of the best day walks and 10 multi-stage treks set right across the magnificent country of Iceland. With three national parks including the mighty Vatnajökull, it is a country of incredible beauty, and its capital, Reykjavík, is an

established and easy-to-get-to destination. Including popular, such as the classic Laugavegur Trail from Landmannalaugar to Þórsmörk, as well as lesser-known trails, the guide is split into 12 sections that cover all the best walking and trekking to be had in and around Iceland's amazing and awe-inspiring volcanic, glacial landscapes. The routes range in difficulty from easy walks to challenging treks and give readers all the information they need to experience this wonderfully unique destination on foot. Venturing inland to the remote interior and captivating ice caps, and across glaciers, past lakes and around coastlines and geothermal areas, Paddy Dillon's guide to this 'Land of Ice and Fire' encourages visitors to explore all that Iceland has to offer, and will inspire lovers of the great outdoors to return time and time again. The guide gives lots of tips for travellers on a budget as well as details on public transport and accommodation. Walking on La Gomera and El Hierro Cicerone Press  
This guidebook provides a comprehensive and detailed description of the GR131, an island-hopping trail across the seven Canary Islands. The 560km (348 mile)

route begins on Lanzarote and finishes on El Hierro and is presented in 32 daily stages. The route is well waymarked but some navigational skills are required, and the remote and occasional rocky sections need to be treated with care. Also included is an optional ascent of El Teide, the highest peak on Spanish territory at 3718m. The guide is split into seven parts, one for each island. Overview statistics, detailed navigational description and 1:50,000 mapping is provided for each stage and the guide also includes key information about transport to and between the Canary Islands and availability of accommodation and services. There is background information on the geology, history, plants and wildlife and notes on local points of interest. An appendix contains a helpful glossary. As a geologically young area, the Canaries boast rare wildlife across their dramatic volcanic terrain. The islands contain a number of national parks, and the landscape varies from semi-desert to forests and barren mountainsides. This month-long route is a great opportunity for walkers to fully immerse themselves in the diverse culture and scenery of the Canary

Islands.

La Gomera Cicerone Press Limited Guidebook covering walks in the Canary Islands, including walking in Gran Canaria, Fuerteventura and Lanzarote, these 50 routes take in a wide variety of landscapes from the coast to the highest mountains. Walks vary from spectacular dune walks to high mountain scrambles. Everywhere there is spectacular volcanic scenery.

Walk! La Gomera Penguin

The Camino de Santiago de Compostela (Camino Francés or Way of St James) is among the world's most famous pilgrimages: Christian pilgrims have travelled to the shrine of St James in Santiago, northern Spain, since the ninth century. This guide provides all the information you need to successfully cycle the Camino. The Camino Francés is the most popular variant of the Camino, linking St Jean-Pied-de-Port on the French-Spanish border with Santiago via Pamplona, Burgos and León. The guide presents the journey in 18 stages. Two versions of the route are described, the first (770km) based closely on the walkers' route and suitable for hybrid or mountain bikes; the second (798km) a 'road route'

for road and touring cycles. It can be cycled in around 10-14 days and is very well provisioned. Clear route description and mapping are accompanied by notes on local points of interest, as well as background information on Spanish history and the history of the Camino. The practicalities are also thoroughly covered, including travel to and from the route, accommodation, facilities, kit and how to qualify for and obtain your Compostela (pilgrims' certificate). Whether you're seeking a spiritual journey, a physical challenge or just a holiday, the Camino promises an unforgettable experience - from the beautiful landscapes, historic towns and rich culture of northern Spain to the famed camaraderie with other wayfarers. Blending information with inspiration, this guide is an ideal companion to cycling this UNESCO-listed route.

**Gran Canaria** CreateSpace

The Pennine Way is Britain's oldest, toughest long-distance footpath - and arguably its most iconic. Now a National Trail, the 427km (265 1/2 mile) route from Edale in Derbyshire to Kirk Yetholm in the Scottish Borders offers wayfarers the

opportunity to immerse themselves in wild beauty of the North. The Pennines boast rolling hills, sweeping moorland and wide glacial valleys, and the Pennine Way has come to embody personal challenge and adventure. This guidebook presents the route in 20 daily stages of 10.5-31.5km (6 1/2-19 1/2 miles). Step-by-step route description is accompanied by 1:100,000 mapping and information about points of interest along the way, as well as advice on facilities and planning your trip, tips for walking the route and an alternative 15-day itinerary. Useful contacts and full accommodation listings can be found in the appendices. In addition, the guide includes a pocket-sized map booklet containing all the OS 1:25,000 mapping needed to complete the trail, saving the need to carry numerous map sheets. The Pennine Way crosses three National Parks - the Peak District, Yorkshire Dales and Northumberland National Park - and other highlights include Cross Fell, the highest point in England outside of the Lake District; the Cheviot Hills; Kinder Scout; the limestone cliffs of Malham Cove; the North Pennines Area of Outstanding Natural Beauty and the awe-inspiring

UNESCO World Heritage Site of Hadrian's Wall. Overnight options range from camping to a mixture of hostels and B&Bs and there is great camaraderie amongst wayfarers. With a wealth of information to help you get the most from your trip, Paddy Dillon's guide is an ideal companion to discovering this classic trail.

**Mountain Walking in Mallorca** Cicerone Press Limited

Walking guide to the islands of La Gomera and El Hierro. The 45 waymarked routes in this guidebook include easy strolls and hands-on scrambles, day walks and long-distance routes including the GR132 and parts of the GR131, which runs the whole length of the Canary Islands. Walks are spread in the guide roughly clockwise and where walks are located beside each other, links between them are often possible, giving you the opportunity to make your own alterations. The routes are described over both islands, with 27 walks on La Gomera and 18 on El Hierro, illustrated with clear contour mapping and inspirational photography. The two smallest of the Canary Islands are no less rugged than their volcanic neighbours, offering a wide variety of little-known

walking terrain from steep-sided barrancos and dramatic cliffs to the gentler slopes inland cloaked in laurisilva and pine forests.

**The Pennine Way** Cicerone Press Limited

This guidebook presents 50 half-day and day walks in Mallorca's Serra de Tramuntana, the striking limestone range that stretches along the northwestern flank of the island. Whilst the region promises breathtaking scenery and some fantastic walks, there is also some potentially challenging terrain, making guidance when choosing, planning and walking the routes all the more valuable. As many involve steep ground, navigational challenge and hands-on scrambling, these routes are primarily geared towards those with some experience of mountain walking. Comprehensive route description is illustrated with 1:25,000 Alpina mapping and each walk includes a statistics box to aid route selection. Useful contacts are listed in the appendix. There is also background information on history, plants and wildlife, plus language notes in native Catalan and Castilian Spanish. The routes are spread across the Serra de

Tramuntana, with characterful towns and villages such as Sóller, Deià, Fornalutx, Valldemossa and Pollença serving as potential bases for a walking holiday. Ranging from 5.5km to 24km, the carefully selected routes showcase the region's rugged limestone peaks, mountain and coastal vistas and rich mountain heritage manifested in numerous drystone constructions, charcoal-burning sites and irrigation systems. Highlights include the lush island of sa Dragonera and the dramatic gorge of Torrent de Pareis. The majority of walks are accessible by public transport and many can be linked, opening up further possibilities for exploration.

*Walk La Gomera* CreateSpace

Self-proclaimed 'fat git' Mark still doesn't know why he suddenly said yes when his mate asked him to go for a run. Three years later, Mark is completing ultramarathons. Follow him as he makes every running mistake possible and guides you from couch through ouch to success! Book jacket.

*Pocket Rough Guide Tenerife & La Gomera (Travel Guide eBook)* Cicerone Press

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writers who specialise in Tenerife and the Canary Islands. Some are well trodden favourites, others are strangers to the walking groups; lovely trails that were once the lifeline between communities and are now only used by neighbours and by cats on their morning constitucionals. The book includes: Concise and accurate directions, distances and timings for more than 30 of Tenerife's best walking routes from around the island. Grouped by geographical area, advice is given on weather conditions, types of terrain, what flora and landscapes to expect and even where to answer a call of nature in each location. Routes cover distances that vary from 1km to 17.5km with walking times varying from 1hr to 6hrs 20mins and from easy strolling to trails recommended for fit and experienced hikers only.

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*Walking on Madeira* Cicerone Press Limited

When Andy and Jack walk away from their successful careers, leaving family, friends and Manchester to move to the Canary Islands, they hope to find a new adventure and quality time together in the sun. What they do not expect to encounter is the intriguing, often amusing and sometimes downright bizarre cast of characters that inhabit their new, sub-tropical world. Buying a small house on a pitch 'n' putt golf course surrounded by banana plantations in the north of Tenerife, they set about trying to earn a living while getting to know the eccentric neighbour who hints at a double life as an espionage agent; the Disney Gang; and a white cat with no tail, an Eric Cantona attitude and a penchant for torture. An arrest and a sudden death turn their world upside down and open the door to a series of seemingly unrelated incidents. As Jesus takes up residence in the bottom of the garden and paradise begins to unravel, the shocking truth is finally uncovered and Andy and Jack face losing everything.

*Cycling the Camino de Santiago* Cicerone Press Limited

This guidebook offers a selection of 38 routes from simple day walks, high mountain scrambles to very demanding multi-day treks in the striking Sierra Nevada, the highest mountain range in mainland Spain. Easily accessible from Granada and Malaga, it is a world of soaring, snow-clad peaks and deep valleys, far removed from the crowded beaches of the Costa del Sol just two hours away. The routes are spread across the national park, with attractive towns and villages such as Trevelez, Lanjaron, Hoya de la Mora and Cumbres Verdes

serving as potential bases for a walking holiday. From more leisurely outings in the Cumbres Verde area to ascents of mainland Spain's highest summit, Mulhacen, there are routes to suit a range of abilities, although most require a reasonable degree of fitness, navigational skill and experience of high mountain terrain. Whilst some of the routes are day or half-day walks, others take advantage of the region's network of mountain shelters or offer an opportunity to wild camp. Also included are three longer traverses: 'Los Tres Picos' (the Spanish Three Peaks - Veleta, Mulhacen and

Alcazaba), 'Los Tres Miles' Integral (a multi-day trek covering all the major 3000m peaks in the range) and an overview of the 302km Sulayr GR240. The walks can be enjoyed most of the year, however conditions may prove too hot at the peak of summer and extra care and equipment will be required in snow or ice: the descriptions assume summer conditions, but include additional notes for winter walking. The guide also includes advice on transport, bases and safety, a tick-list of the 3000m peaks and a Spanish-English glossary.