



La Gomera individual - Best of GR 132

Highlights

- > Discover La Gomera on the highlights of the GR132
- > Enjoy complete seclusion in El Cabrito
- > Be enchanted by the laurel forest in the National Park

Profile

- > From accommodation to accommodation
- > With luggage transport (exception day 2)
- > Paths usually laid out and easy to walk on, surefootedness required

Service

- > 7 nights in selected hotels or B&B, rooms with bath/shower and toilet
- > 7x breakfast, 1x lunch, 1x dinner
- > Transfers & luggage transfers according to itinerary
- > Detailed route description & maps
- > GPS data available
- > Meals according to the itinerary
- > €30,- Jack Wolfskin voucher (booking until 31.08.2022)
- > ASI tour book
- > CO2 compensation of all travel emissions

The GR hiking trails cover some of the most beautiful hikes in Europe, and of course the Dorado for hikers should not be missed: La Gomera! The „wildest of the Canaries“ is hard to beat in terms of diversity and in the course of the GR 132 you can also experience it completely. On your way from the barren and sunny south to the green north, you will cross the „1000-year-old laurel forest“ - the green lung of the island. Here you imagine yourself on another world, so great is the contrast to the south.



Trip type
Trekking trips, hiking holidays

Minimum number of participants
from 2 persons

Countries visited
Spain

Length of trip
8 days

Travel Code
2ESGMZ01

Day 1 Welcome to La Gomera!

Individual arrival to La Gomera, from the port the hotel is within walking distance. If you arrive at Tenerife South Airport after 17:30, you will not catch the last ferry and will spend the first night in Tenerife.

🏠 **Accommodation**
Hotel Torre del Conde ★★★ or similar
Calle Ruiz de Padrón 17
38800 San Sebastián ES

Day 2 The idyllic El Cabrito

Light to medium variant: From your hotel in San Sebastian, you can hike along the GR 132 along the coast to the bay of El Cabrito, which can only be reached on foot or by boat.

Daily tour

⬆️ **Ascent** approx. 375 m ⬇️ **Descent** approx. 390 m Ⓜ️ **Distance** approx. 7.5 km ⌚ **Walking time** approx. 03:00 h

Sophisticated variant

You start in San Sebastian and first go uphill on the GR 131 inland. After a few kilometres, however, you will head towards the coast until you finally see the idyllic bay of El Cabrito in front of you.

Daily tour

⬆️ **Ascent** approx. 775 m ⬇️ **Descent** approx. 800 m Ⓜ️ **Distance** approx. 12 km ⌚ **Walking time** approx. 05:00 h

🍴 **Meals**
Breakfast, dinner, supper

🏠 **Accommodation**
Finca El Cabrito
El Cabrito



Day 3 Through Barrancos to Playa de Santiago

Today you start at the sea and end again at sea level, but during the hike you only see it from a distance. To cross the numerous Barrancos (gorges) you always have to go inland a bit. On your way you see many abandoned houses and stables, it almost resembles a ghost town. In between you will be rewarded with wonderful views of the Atlantic Ocean until you finally reach your destination in Playa de Santiago.

Daily tour

⬆️ **Ascent** approx. 765 m ⬇️ **Descent** approx. 700 m Ⓜ️ **Distance** approx. 11 km ⌚ **Walking time** approx. 05:00 h

🍴 **Meals**
Breakfast

🏠 **Accommodation**
Jardin Tecina ★★★ or similar
38811 Playa de Santiago / La Gomera



Day 4 Inland to Alajero

From the accommodation you walk today away from the sea towards the centre of the island. It always goes uphill via Targa to Alajero.

Daily tour

⬆️ **Ascent** approx. 890 m ⬇️ **Descent** approx. 135 m Ⓜ️ **Distance** approx. 11,5 km ⌚ **Walking time** approx. 05:00 h

Sophisticated variant

You also start at your accommodation and always follow the GR 132 to Targa. Here you hike a little further inland up to Imada, and then descend to Alajero.

Daily tour

⬆️ **Ascent** approx. 1500 m ⬇️ **Descent** approx. 750 m Ⓜ️ **Distance** approx. 17 km ⌚ **Walking time** approx. 05:00 h

🍴 **Meals**
breakfast

🏠 **Accommodation**
Eco Apartments BeConscious Travels
or similar
Alajero

Day 5 On the edge of Garajonay National Park

Today we take you with a short transfer to Roque Agando: the former volcanic chimney is probably the most spectacular rock on La Gomera. From the Roque Agando, you will first encounter the second long-distance trail of Gomera, the GR 131. You walk on the edge of Garajonay National Park to your destination today in Las Hayas.

Daily tour

⬆️ **Ascent** approx. 480 m ⬇️ **Descent** approx. 540 m Ⓜ️ **Distance** approx. 11.8 km ⌚ **Walking time** approx. 04:45 h

Sophisticated variant

Here, too, you walk from the Roque de Agando on the edge of the Garajonay National Park towards Las Hayas. On your way you will not let a summit victory take you away and climb the table mountain La Fortaleza before you continue to Las Hayas.

Daily tour

⬆️ **Ascent** approx. 1500 m ⬇️ **Descent** approx. 750 m Ⓜ️ **Distance** approx. 17 km ⌚ **Walking time** approx. 05:00 h

🍴 **Meals**
breakfast

🏠 **Accommodation**
Casa Efigenia or similar
Las Hayas

Day 6 On the way to the „beautiful valley“ Vallehermoso

Today's stage takes you from Las Hayas through the „enchanted“ laurel forest of the Garajonay. When you have made it through the forest you walk with panoramic views to Vallehermoso.

Daily tour

↗ Ascent approx. 360 m ↘ Descent approx. 1180 m S Distance approx. 11.5 km ⌚ Walking time approx. 04:30 h

Sophisticated variant

You go to Vallehermoso as in the middle variant, if you still have enough energy there, you hike up to the local mountain Roque Cano.

Daily tour

↗ Ascent approx. 730 m ↘ Descent approx. 1500 m S Distance approx. 15 km ⌚ Walking time approx. 06:00 h

🍴 Meals breakfast

🏠 Accommodation Hotel Añaterve or similar Vallehermoso

Day 7 Back to the coast

From Vallehermoso you hike via Simancas until you finally reach the sea in Agulo. From here, a transfer will take you to your last place to stay in Hermigua.

Daily tour

↗ Ascent approx. 1100 m ↘ Descent approx. 1070 m S Distance approx. 13 km ⌚ Walking time approx. 06:00 h

Sophisticated variant

You hike directly from Vallehermoso back on the GR 132 and hike directly to your hotel in Hermigua.

Daily tour

↗ Ascent approx. 1200 m ↘ Descent approx. 1150 m S Distance approx. 17,7 km ⌚ Walking time approx. 08:00 h

🍴 Meals breakfast

🏠 Accommodation Los Telares Carretera General 10 38820 Hermigua

Day 8 Farewell to La Gomera

Individual return trip to the home catering. Your flight should take off after 10:00. Otherwise, you have to translate to Tenerife the day before and miss the last day of hiking.

🍴 Meals breakfast

