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THIS EDITION WRITTEN AND RESEARCHED BY

Josephine Quintero
Stuart Butler

PLAN YOUR TRIP

YOUR PLANNING TOOL KIT

Photos, itineraries, lists and suggestions to help you put together your perfect trip

Welcome to the Canary Islands

Islands

17 Top Experiences

Need to Know

If You Like

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A Good Sport
The Canary Islands are a haven for outdoor enthusiasts, with a wide range of activities to suit all tastes. From hiking and cycling to water sports and skiing, there's something for everyone. The islands' diverse landscapes and mild climate make them an ideal destination for those who love the outdoors.



regions at a glance

Gran Canaria

The Canary Islands may share the same landscape, but every other way they are truly diverse. If you love the outdoors there are some amazing natural adventures and spots for those who prefer a more relaxed time. Gran Canaria, La Palma, El Hierro and La Gomera are the islands with the most diverse landscapes, but arguably the best way to enjoy them is to visit them all. Each island has its own unique character and offers a different experience. The islands are also a great destination for shopping, as well as enjoying plenty of other facilities. There is so much to see and do in the Canary Islands. It's a great place to visit for anyone who loves the outdoors and enjoys a bit of adventure. The islands are also a great place to visit for those who want to enjoy a relaxing holiday. The islands are also a great place to visit for those who want to enjoy a bit of culture. The islands are also a great place to visit for those who want to enjoy a bit of history. The islands are also a great place to visit for those who want to enjoy a bit of nature. The islands are also a great place to visit for those who want to enjoy a bit of everything.

month by month

Top Events

- 1 Carnival February
- 2 San Juan June
- 3 Carnival de Maspalomas September
- 4 International Jazz Festival July
- 5 City Profile May

January

A popular month to visit the Canaries as, overall, the weather is ideal. It's a great time to visit for those who want to enjoy the best of both worlds. The weather is perfect for outdoor activities and the islands are beautiful. The islands are also a great place to visit for those who want to enjoy a relaxing holiday. The islands are also a great place to visit for those who want to enjoy a bit of culture. The islands are also a great place to visit for those who want to enjoy a bit of history. The islands are also a great place to visit for those who want to enjoy a bit of nature. The islands are also a great place to visit for those who want to enjoy a bit of everything.

UNDERSTAND THE CANARY ISLANDS

GET MORE FROM YOUR TRIP
Learn about the big picture, so you can make sense of what you see

The Canary Islands Today

History

Island Cuisine

Canarian Arts & Culture

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Life on a Volcano

The volcanic landscape of the Canary Islands is a unique and beautiful sight. The islands are home to some of the most active volcanoes in the world. The volcanic landscape is a result of the islands' location in the Atlantic Ocean. The islands are also a great place to visit for those who want to enjoy a bit of culture. The islands are also a great place to visit for those who want to enjoy a bit of history. The islands are also a great place to visit for those who want to enjoy a bit of nature. The islands are also a great place to visit for those who want to enjoy a bit of everything.

History

There is a delightful story of ancient civilizations surrounding the origin of the Canary Islands. The islands were first discovered by the Portuguese in the 15th century. The islands were then colonized by the Spanish. The islands are also a great place to visit for those who want to enjoy a bit of culture. The islands are also a great place to visit for those who want to enjoy a bit of history. The islands are also a great place to visit for those who want to enjoy a bit of nature. The islands are also a great place to visit for those who want to enjoy a bit of everything.



**Look out for these icons:**

Our author's recommendation



A green or sustainable option



No payment required

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Ingenio & Agüimes 52

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Canary Islands





Santa María de Guía
Taste the local queso de flor cheese (p59)

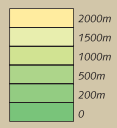
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Barranco de Guayedequé
Stroll through this lush ravine (p52)

ELEVATION





OUR STORY

A beat-up old car, a few dollars in the pocket and a sense of adventure. In 1972 that's all Tony and Maureen Wheeler needed for the trip of a lifetime – across Europe and Asia overland to Australia. It took several months, and at the end – broke but inspired – they sat at their kitchen table writing and stapling together their first travel guide, *Across Asia on the Cheap*. Within a week they'd sold 1500 copies. Lonely Planet was born.

Today, Lonely Planet has offices in Melbourne, London and Oakland, with more than 600 staff and writers. We share Tony's belief that 'a great guidebook should do three things: inform, educate and amuse'.

OUR WRITERS



Josephine Quintero

Coordinating Author; Gran Canaria, Fuerteventura, Lanzarote Originally from England and a UC Berkeley graduate, Josephine has lived in Andalucía, Spain, since 1990, when she was abruptly ousted from her previous home in Kuwait by Saddam Hussein's troops. After a stint of ghostwriting for Marbella-based crooks and celebs, she joined Lonely Planet and has since written numerous titles, including contributing to the last four editions of the *Spain* country guide

and working as co-author on *Canary Islands 4*. For Josephine, this is a job made in heaven as she enjoys nothing more than exploring the mainland and beyond, including the Canary Islands, where highlights this trip included walking in the lush mountainous interior of Gran Canaria and falling in love with *mojo* sauce – all over again.

Read more about Josephine at:
lonelyplanet.com/members/josephinequintero



Stuart Butler

Tenerife, La Gomera, La Palma, El Hierro Stuart's first childhood encounters with Spain, in the national parks of Andalucía and the beaches of northern Spain, made such big impressions that as soon as he was old enough he waved goodbye to his native England and moved to the Spanish-French border regions. From his Basque Country base he travels across the country in search of food, waves and mountain trails, and the Canaries tick all these boxes. When not

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Read more about Stuart at:
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itineraries

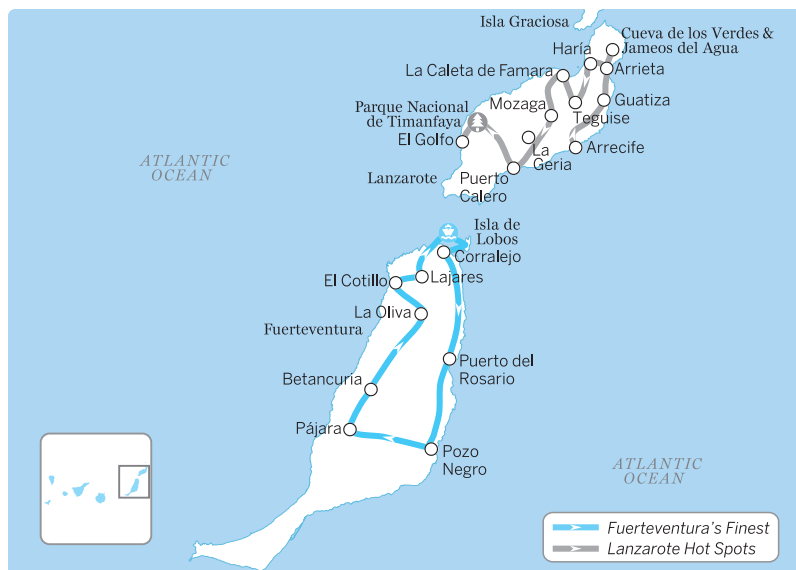
Whether you've got three days or 30, these itineraries provide a starting point for the trip of a lifetime. Want more inspiration? Head online to lonelyplanet.com/thorntree to chat with other travellers.



One Week

Gran Canaria Round Trip

Immerse yourself in the capital: **Las Palmas de Gran Canaria**. Start off scuffing sand with a gentle stroll on Playa de las Canteras, flanked by bars, restaurants and buskers. Spend the afternoon being a kid at heart twiddling knobs at the science museum. Pass the second day wandering the cobbles of historic Vegueta with its youthful energy and inspiring sights. Day three head for the ancient **Roque Nublo** volcano. Consider hiking the circuit then reward yourself sweetly with **Tejada's** famous almond treats. Next day, head south to **Mogán**, via the spectacularly scenic GC-605 road. After lunch in this picturesque town, take a short hop south to the **Puerto de Mogán**, with its quintessential Med-style yachting harbour, plus beach, boat rides and bars. Day five, swing southeast to the shimmering sands of **Maspalomas** for a camel ride, followed by a swim and snooze on the sand. Continue northeast to the lush ravine of the **Barranco de Guayadeque** for a late lunch in a cave setting. Stay overnight in nearby **Agüimes** with its lovely pastel painted buildings and historic charm. Next continue north, via lovely **Arucas**, and return to Las Palmas.



Six Days Fuerteventura's Finest

Start at **Corralejo's** pretty harbour for a relaxing stroll or a little beach time. Continuing in seaside mode, head southeast, past the endless shifting dunes on the FV-1 road. Wind up the day by enjoying a city stroll and dinner at one of capital **Puerto del Rosario's** fine restaurants. Day two, continue south, stopping at pint-sized **Pozo Negro**, where the simple *chiringuitos* (seafood restaurants) serve freshly caught seafood and overlook the surf. It's time for a break from all those blues, so wend your way inland to the pretty, small **Pájara**. Pop into the extraordinary church here and pray for a free room at the town's lovely *casa rural*. Day three stop at **Betancuria**, where there is plenty going on to pass the time. Stop by the eye-catching church, visit quirky museums and dine in style at Casa Santa María – one of the island's serious culinary stars. Next day, continue north via the rural gem of **La Oliva** to the low-key beachside town of **El Cutillo**. Day five return to Corralejo via the hip, young surfing village of **Lajares**, with its eclectic retail and cafe choices. Stay overnight then hop on a ferry to unspoilt **Isla de Lobos** for a relaxing day of island strolls and sands.

Six Days Lanzarote Hot Spots

Arrecife deserves a full day: have a dip at the white sandy beach of Playa del Reducto before exploring the sights (and the shops). Eat like a king at MIAC Restaurant, with its castle setting, and stay in town overnight. Next day head north for the **cactus garden** near **Guatiza** before the tour buses roll up. Carry on to the famous **Cueva de los Verdes** and **Jameos del Agua** caves, then backtrack and take the rest of the day off in simple seaside **Arrieta**. Day three head for postcard-pretty **Haría** with its traditional architecture and lofty palms. Then head south to **Teguise**, a great little town with innovative restaurants and original shops. The next day it's the seaside, and the beautiful beach resort of **La Caleta de Famara** to watch the surfers and enjoy a fresh fish lunch. Stay overnight in nearby **Mozaga's** *casa rural*. Day five visit the wineries in **La Geria**, ending up in the yacht harbour of **Puerto Calero** for cocktails at sunset. Day six explore the lava fields of the **Parque Nacional de Timanfaya**, joining the bus tour through the dramatic Ruta de los Volcanes. Spend the night in the unspoiled small fishing community of **El Golfo** and enjoy more good seafood overlooking the waves.



10 Days Tenerife & La Palma

On Tenerife, stay two nights in **Puerto de la Cruz**, enjoying the shops, bars and beaches. Day three visit **La Orotava**, with its grand 17th-century mansions. Still in historical mode, continue on to **La Laguna's** superbly preserved traditional quarter for an overnight stay. Next day, retrace your steps and head on to contrasting **Garachico** and its simple fishermen's cottages, plus nearby hiking trails. Day five head for the extraordinary **El Teide** for a day of walking, gawping and camera snapping. Day six hightail it to **Los Cristianos** and catch the daily ferry to **La Palma**.

Spend a couple of nights in and around the capital **Santa Cruz**, exploring the old town, kicking back on Los Cancajos beach and taking a mini-pilgrimage to the Santuario de la Virgen de las Nieves (you're really here for the views). Continue north to explore the hilly, cobbled streets of **San Andrés**. Day eight visit the lush rainforest of **Los Tiles** before cooling off at the salt-water pools near **Barlovento**. Day nine hike through the stunning **Parque Nacional de la Caldera de Taburiente**. Continue south for a night at lively **Puerto Naos** before stuffing your hand-luggage with handicrafts from laid-back **Villa de Mazo**.

One Week La Gomera & El Hierro

Spend the first day on La Gomera exploring the backstreets, big streets and everything in between in weeny **San Sebastián**. The next day recover from all that urban exhaustion with a dip (and a doze) at **Playa Santiago**. Day three head to the verdant north, stopping at traditional **Hermigua** and postcard-pretty **Playa de la Caleta**. Next day continue south for a trek through a fern-filled rainforest up to the lofty peaks (and views) of the **Alto de Garajonay**. Drive beside the stunning **Valle Gran Rey** gorge until it reaches the sea. Stay overnight at **La Playa**, before returning to San Sebastián to catch the ferry to **El Hierro**.

Check out the low-key capital of **Valverde**, before heading south to the **Ecomuseo de Guinea**, a nature-cum-cultural treat. Dine on superb Canarian food at down-to-earth **Tigady** and stay overnight. Next day head for the natural pools at **Charco Azul**, before heading cross-country to the incredible **Mirador de Isora**, the lush pines of **El Pinar** and the famous off-shore scuba-diving sites at **La Restinga**.

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