

## Garajonay National Park - A Hikers Dream

The island of La Gomera, located some 40 miles West of Tenerife is an escapists dream. Unlike its bigger cousin there are no nightclubs or fancy bars but it offers the nature lover a diverse and spectacular landscape to explore.

The World Heritage site of Garajonay National Park sits on top of this "orange squeezer" shaped island which rises to 1500m above sea level. The segments divided up by deep barrancos . <http://reddeparquesnacionales.mma.es/parques/garajonay/index.htm>

Large areas of Europe were covered in this type of rainforest but the effects of climate change, man and pollution has led to its demise. On La Gomera the World Heritage Site status protects it from mans worst endeavours and the main threat comes from fire.

Laurisilva is the name given to this particular fauna and as you make your way into the forest after the long and snaking ascent to the summit by car you will be amazed by its medusa-like trunks and branches which are covered in a green moss.

Sleepy Hollow could have been filmed here and as you follow the track the temperature drops and the light is diminished. Locals trod these paths many, many years ago in order to cross from one side of the island to the other and one can see why. It must have been far easier to transport goods through the cool forest than across sun-baked ravines.

A stream is reached after about 60 minutes or so. It is surprising to find running water on such a sun drenched island which does not get much rainfall but the secret of it's source lies in the horizontal rain or mist that envelopes the forest.

Eventually a small village appears - could it be a long lost civilisation? Probably not, but the rustic restaurant is a welcome site where delicious local dishes of soup with "Gofio" are on offer.

Finally, make your way along a short tarmac road to a hidden tunnel where your guide will present you with a lighted candle which is definitely required as you traverse from one valley to the next. A truly memorable experience.

## About the Author

Tom Erland writes for [flights to tenerife](#). Visit [for a cheap flight to tenerife](#)

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