



LET THE SUN SHINE IN

From dawn to dusk, a trip to **Gran Canaria** is blessed with spectacular nature. After a day of adventures atop volcanic peaks or deep in plunging canyons, the natural world spills into the island's rural hotels and houses for a truly serene escape.



Right
There are more than 200 trails on Gran Canaria

When the sun dips into the clouds above Pico de las Nieves (1,956m), Gran Canaria's highest point, it marks the beginning of the end of the day. With the sky bathed in orange and the volcanic peaks returning to an ashen black, you must retrace your steps down the ancient rock. Chasing the sun back to the sea, the forests are ablaze with the final rays of light that bounce about the gorges that provided the day's adventures. As you reach flat ground once more, the day takes its final bow over the ocean before being swallowed by the night.

Anywhere else, this would mark the end of exploring until the sun returns once more. In Gran Canaria, however, the adventure doesn't stop. With rural accommodation scattered across the island, its resplendent nature is invited in and surrounds you 24/7. A trip there means truly disconnecting from the pressures of the urban world and experiencing the best of the Canary Islands from dawn to dusk and dawn again.

On the Trails

One of the most popular and accessible ways to embrace Gran Canaria's environment is by hiking, and, with more than 200 trails on the island, there's something for everyone. A hike through the

Doramas Forest to the mystical Azuaje Ravine is the perfect way to sample the island's wild side. The ancient laurel forest, one of the last on earth, is abuzz with many of the island's endemic species, including the Canary Island Buzzard, Gran Canaria Lizard and 30 species of plants. Looking out over the ravine from one of its many viewpoints, you have the luxury of watching all the flora and fauna thriving together to create the wonderful natural environment of Gran Canaria. It is a treat for the senses.

The island erupted out of the Atlantic ocean 14 million years ago. Ever since, it has been inhabited and shaped by many peoples and cultures from the Canarii to the Spanish and even a few pirates. An archaeological hike is the most exciting way to reveal this storied history. The experts at Turinka (www.excursionesgran-canaria.es) will transport you through time as you visit ancient granaries, vineyards, coffee plantations, temples and volcanic remains, uncovering the lives of the aboriginal people, European colonisers, and today's Canarians.

Of particular interest is a trip to the Red Canyon. The grand cliffs are a spectacle from afar, but venture into their twists and turns and you'll find marvels like La Fortaleza's aboriginal caves. It is one of the best-preserved fortified settlements of the indigenous societies on Gran Canaria and holds the key to unlock the secrets of the past. You can also pay a visit to the Museum of La Fortaleza (www.tibicena.com) to understand the settlement more deeply.



Hotel Rural La Hacienda del Buen Suceso



Casa Rural Natura Canaria



Casa Rural Tres Almendros



To tumble out of bed and stumble straight onto the trails, accommodations like Tres Almendros (www.grancanarianaturalandactive.com), set against the Barranco de Guinguada ravine, and Natura Canaria (www.naturacanariaalojamientosrurales.com), near the town of Fontanales, are the perfect bases for a hiking holiday on the island.

Seeking Thrills

It's impossible to imagine all of the landscapes that are packed onto this tiny island. From rolling sand dunes to deep forest gorges, every day is like sampling a different corner of the earth for your adventures. Whether you're cycling up a volcanic peak or canyoning down a bottomless ravine, there are endless ways to catch your thrills in Gran Canaria. With an active tourism company like Climbo (www.climbo.rocks), you can also climb, cliff jump and via ferrata in the most spectacular surrounds.

In true Canarian style, there is also the option to live and breathe your outdoor adventure with Vivac Aventura (www.vivacaventura.com). This accommodation and training ground for adventure sports is set in the forests of the Llanos de la Pez, making it the perfect base for your island adventures. Even if you don't stay there, you can take part in one of their organised tours, or even just pay them a visit to discover the stunning landscapes of the region.

To invite Gran Canaria's magical landscapes in, stay somewhere like La Hacienda Del Buen Suceso (www.haciendabuensuceso.com). Nestled amongst a sprawling banana plantation it is the perfect place to bask in Canarian wildlife and culture on your trip. La Aldea Suites (www.laaldeasuities.com) and Hotel Fonda De La Tea (www.hotelfondadelatea.com) also offer up panoramic views of the mountains for a taste of Gran Canaria's diversity.



One of a Kind

Embracing nature is a way of life on the island. The local culture and cuisine shows this off in magical ways. The farm and winery at Bodega Los Berrazales (www.bodegalosberrazales.com) is one example of this, hosting one of very few coffee plantations in Europe. The Typica coffee is grown in small quantities under the shade of mango, guava, orange and papaya trees. The resulting coffee bursts with floral, fruity and citrusy notes that perfectly mirror the beauty that it was grown in.

Equally, the Bodega Las Tirajanas (www.bodegalastirajanas.com) produces wines that are little glimpses across time and space to all corners of Gran Canaria. The vineyards in the volcanic south grow in basaltic soils where the vineyards of the Medianías grow in loose soils more than

1000m above sea level. The wines produced from each region transport you to them through their unique and complex palettes that win international awards year on year.

To embrace more of the islands wonderful natural produce, stay at Casa Oronado (www.casaoronado.com), with their seasonal vegetable garden, or Finca Las Longueras (www.laslongueras.com), in the botanically unque Agaete Valley. Or, if you prefer the fauna to the flora, take your furry friend along to Las Calas (www.hotelrurallascalas.com) who will be warmly greeted by the hotel's very own Frida the schnauzer.

Let the sun shine in on your next adventure. Plan your trip to Gran Canaria: www.grancanarianaturalandactive.com.

Above
Roque Nublo is one of the largest natural crags in the world

Left
With its famously mild climate, you can have a beach day every day on Gran Canaria



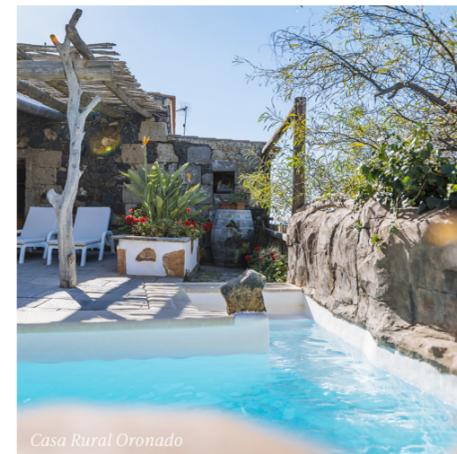
Finca Los Berrazales



Hotel Rural Fonda de La Tea



Hotel La Aldea Suites



Casa Rural Oronado



Hotel Rural Las Longueras



Hotel Rural Las Calas