

La Gomera

Canary Islands · Spain

TRAVEL GUIDE

Tripomatic



Overview

La Gomera is a small, round island of about 370 km². It has around 22,000 residents and is cut by deep ravines called barrancos. The terrain is steep, so villages sit far apart and the pace is slow. The island suits walkers and travelers who want quiet more than resorts.

The center is covered by a laurel forest that is a UNESCO World Heritage Site. Islanders also kept a whistled language, Silbo Gomero, that was made for calling across the ravines. Most visitors come to hike, drive the mountain roads and relax in the green north or the dry, sunny coast.

When to visit

The coast is dry and sunny for much of the year. The forested center and the north are cooler and wetter, so bring a light jacket for walks.

The biggest event is the fiesta of the island's patron saint, the Virgin of Guadalupe, in early October. Every five years, the statue is taken by boat from her chapel in Puntallana to San Sebastián and then carried around the island.

MONTH	CONDITIONS	DAY °C avg / max	NIGHT °C avg / min	
January	Great Great for hiking	20° / 23°	18° / 16°	
February	Great Great for hiking	20° / 23° Feels like 17°	18° / 15°	
March	Great Great for hiking	21° / 23° Feels like 18°	18° / 16°	
April	Great Great for sightseeing	21° / 24° Feels like 18°	19° / 17°	UV 8 (Very high)
May	Great Great for hiking	22° / 25°	20° / 18°	UV 9 (Very high)
June	Great Great for wildlife watching	24° / 26°	22° / 20°	☀ 20 sunny days · Muggy, humid air · UV 10 (Very high)
July	Great Great for wildlife watching	26° / 27°	24° / 22°	Muggy, humid air · Windy · UV 10 (Very high)
August	Great Great for wildlife watching	27° / 28°	25° / 23°	Oppressive humidity · UV 9 (Very high)
September	Great Great for the beach	26° / 28°	24° / 22°	☀ 21 sunny days · Muggy, humid air · UV 8 (Very high)
October	Great Great for sightseeing	25° / 27°	23° / 21°	Muggy, humid air
November	Great Great for sightseeing	23° / 26°	21° / 18°	Humid air
December	Great Great for sightseeing	21° / 24°	19° / 17°	

Best months: January, February, March, April, May, June, July, August, September, October, November, December

Climate data: NASA POWER + Copernicus ERA5-Land and ERA5 · 1996–2025

Top sights

- A Alto de Garajonay is the island's highest point, at 1,487 m, inside the national park. It has wide views on clear days.
- B Laguna Grande is the main base for walks in the forest. A small information point and a self-guided trail start here.
- C Roque de Agando is a tall volcanic plug beside the main road from San Sebastián to the park. It rises to about 1,250 m. Climbing is restricted, so enjoy it from the road and nearby paths.
- D Valle Gran Rey is the main valley of the west coast. It has several small villages along a long, steep valley.
- Mirador de Abrante is a viewpoint above the village of Agulo. It has a glass floor.
- In San Sebastián, E Torre del Conde, F Casa de Colón and G Iglesia de la Asunción stand close together near the harbor. The house is linked to Columbus, who stopped here in 1492.



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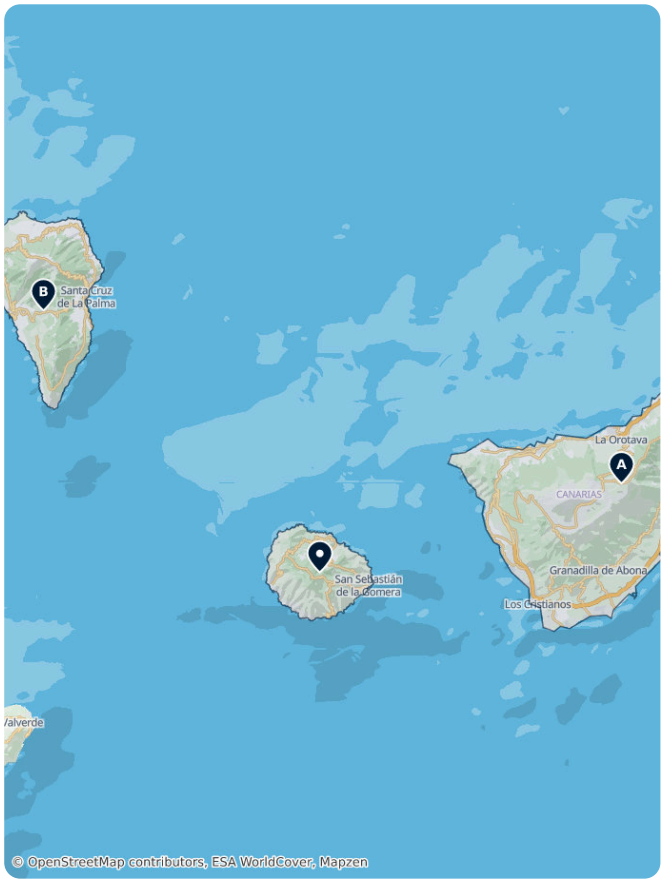
What to experience

- **Hear Silbo Gomero**: This whistled language is taught in all the island's schools. Demonstrations are sometimes offered; ask at the tourist office.
- **Walk in the laurel forest**: The national park has 18 footpaths. Start with the self-guided trail at Laguna Grande.
- **Visit the park visitor center**: It is at Juego de Bolas, near Agulo, and is open daily from 9:30 to 16:30. It has exhibitions, a garden of local plants and a craft shop.
- **Take a boat to Los Órganos**: This cliff of basalt columns can only be seen from the sea. Boat trips run from the south and west coast; ask locally.
- **Walk onto the glass floor at Mirador de Abrante**: The viewpoint hangs over the valley above Agulo.
- **Hike the long island loop**: The GR 132 trail circles the island from San Sebastián. It is about 127 km long and is demanding. Most visitors walk only a stage or two.

Day trips

La Gomera is a small island, and its day trips are by sea. Plan a full day, and check the last ferry back before you go.

- A Tenerife: about 50 minutes by ferry from San Sebastián to Los Cristianos. This works for a day out. Check the timetable for the last return sailing.
- B La Palma: reached by a separate journey, so it works better as a separate stop than as a day trip. Check current ferry and flight options.



Where to explore

La Gomera is easy to combine with the other Canary Islands.

- For ferry links: Tenerife and La Palma.
- Other islands: El Hierro and Gran Canaria.

Getting there

- **By air**: La Gomera Airport (GMZ) is in the south, about 34 km by road from San Sebastián. Binter Canarias flies between Tenerife North and La Gomera in under 30 minutes. Check bus and taxi options at the airport. Many visitors fly into Tenerife and take the ferry instead. Check flights at Binter Canarias.
- **By ferry**: Fred. Olsen Express sails from Los Cristianos on Tenerife to San Sebastián in about 50 minutes. Cars can be carried, but check the operator's rules and book ahead in busy periods. See Fred. Olsen Express for times. The San Sebastián port is a few minutes' walk from the center.
- **Other islands**: For La Palma, check current ferry and flight options with the operators.

Getting around

- **Bus**: GuaguaGomera buses run between San Sebastián and the main towns from the bus station in San Sebastián. Services are less frequent than in cities, so check current times at the station.
- **Car**: A car gives the most freedom. See the driving section.
- **Taxi**: Useful for short trips and trailheads. Book ahead for early starts.
- **On foot**: Walking is the best way to see the forest. The island has a large network of marked footpaths. Bicycles are not allowed on the national park footpaths. For hiking maps and trail information, see La Gomera Tourism.

Getting around on foot & by bike

WALKABILITY

Moderate

San Sebastián's center is compact and walkable. Villages are far apart and the terrain is steep.

CYCLING INFRASTRUCTURE

Low

Steep, winding terrain makes cycling hard. Bicycles are not allowed on national park footpaths.

Driving

- **Is a car worth it?**: Yes, if you want to reach trailheads and villages in the north and center. The terrain is steep, so distances take longer than they look on the map.
- **Bicycles**: In the national park, bicycles are allowed on paved roads and most sand tracks, but not on footpaths.
- **Ferry**: Cars can be taken on the ferry from Tenerife. Check the operator's rules and book early.

Food & drink

Look for local dishes made from simple island products. Almogrote is a strong cheese spread. Miel de palma is a dark syrup made from palm sap, and it is used on desserts and cheese. Gofio is a toasted-grain flour, and the porridge escaldón is made with it.

Eat in the villages and in San Sebastián around the harbor. Small family restaurants in the mountain villages often serve the island's classic dishes.

What to eat & drink

BREAKFAST

Churros · Churros con Chocolate
Fried dough sticks served with a thick, dark hot chocolate for dipping — a classic Spanish breakfast or late-night snack.

LUNCH

Paella Valenciana
A saffron-scented rice dish cooked in a wide, shallow pan. The traditional Valencian version uses chicken, rabbit, and green beans — best eaten at midday.

Gazpacho
A cold, blended soup of raw tomatoes, cucumber, pepper, garlic, olive oil, and vinegar, originally from Andalusia. Served as a drink or a starter, especially in summer.

DINNER

Pulpo a la Gallega
Boiled octopus sliced onto a wooden board and dressed with olive oil, coarse salt, and smoked paprika — a signature dish of Galicia.

SNACKS & STREET FOOD

Jamón Ibérico
Dry-cured ham from acorn-fed Iberian pigs, sliced paper-thin and eaten on its own or with bread. The finest grade, jamón ibérico de bellota, is one of Spain's most prized products.

Tortilla Española
A thick potato and egg omelette, served warm or at room temperature, found in virtually every bar in Spain. Often eaten as a tapa or a quick meal.

Patatas Bravas
Fried potato chunks served with a spicy tomato sauce or aioli — one of the most common tapas across the country.

Pintxos
Small snacks anchored to slices of bread with a toothpick, the Basque Country's answer to tapas. Found in bar counters across San Sebastián and Bilbao, often with elaborate toppings.

Croquetas
Crispy breaded cylinders with a creamy béchamel filling, typically made with jamón, bacalà (salt cod), or mushrooms.

DRINKS

Rioja Wine · Vino de Rioja

Spain's best-known wine region produces full-bodied reds from Tempranillo grapes, aged in oak. The crianza, reserva, and gran reserva labels indicate increasing age and complexity.

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Safety & health

La Gomera is a quiet island, and the main risks are on the trails. Paths in the forest can be wet, and cloud can hide the view, so wear boots and carry a light jacket.

- **Fire**: A forest fire in August 2012 burned about 18% of the national park. Do not smoke in the forest. Cooking stoves are allowed only in the official recreation areas, and only when the weather permits.
- **Camping**: Camping and bivouacking are not allowed in the national park. The only camping area is a private one in the hamlet of El Cedro.
- **Trails**: Stay on marked paths and take your rubbish with you.

History

La Gomera was the last port Columbus visited before he crossed the Atlantic in 1492. He planned to stay for four days and stayed for about a month. He sailed from San Sebastián on 6 September 1492. In town, Casa de Colón is the house where he is said to have stayed.

The first islanders used a whistled language, Silbo Gomero. UNESCO listed it as intangible cultural heritage in 2009.

Country facts

Quick practical facts for Spain at a glance:

CURRENCY

EUR €

EMERGENCY

112

ELECTRICITY



Type C / Type F
230 V · 50 Hz

LANGUAGES

Spanish

TAP WATER

Safe to drink

La Gomera Essentials

La Gomera, a UNESCO Biosphere Reserve, is defined by its rugged volcanic topography and the ancient laurel forests of Garajonay National Park. This selection features the island's most significant landmarks, from the basalt plateau of La Fortaleza to the terraced slopes of Valle Gran Rey. The list includes traditional pottery workshops in El Cercado, dramatic viewpoints overlooking deep ravines, and the iconic volcanic plugs that rise sharply from the mist-shrouded central highlands.





A Roque de Agando

Roque de Agando is a prominent rock formation on the island of La Gomera in the Canary Islands.

38800, Spain (28.10529, -17.21373)



B Valle Gran Rey

Valle Gran Rey is a municipality in the western part of the island La Gomera, in the province of Santa Cruz de Tenerife of the Canary...

1 Calle Teguerguenche, La Puntilla 38870, Spain (28.08639, -17.33398)



C Alto de Garajonay

The highest peak on La Gomera at 1,487 meters. It features a reconstructed indigenous sacrificial altar and provides panoramic views of Tenerife, La Palma, and El Hierro.

(Unnamed Road), 38840, Spain (28.10971, -17.24834)

youtube.com/watch

D Valle Gran Rey View

A viewpoint overlooking the deep canyon and palm-studded terraces of the island's western valley.

38870, Spain (28.10542, -17.31181)



E Fortaleza

A massive, flat-topped basalt formation near Chipude. This natural fortress served as a sacred site for the island's pre-Hispanic inhabitants.

38840, Spain (28.09899, -17.27757)



F Mirador César Manrique

Designed by artist César Manrique, this viewpoint features a restaurant integrated into the cliffside. It offers views of the agricultural terraces and palm groves of Valle Gran Rey.

GM-1, 38870 Valle Gran Rey, Spain (28.11923, -17.31569)

G Roque Cano

A striking volcanic plug rising 250 meters above the town of Vallehermoso. It is a protected natural monument.

38840, Spain (28.18186, -17.25646)



H Jardín de Frutas Tropicales

A botanical garden showcasing a wide variety of exotic and tropical fruit trees, including mango, papaya, and avocado species.

1 Calle Finca Argaga, Argaga 38840, Spain (28.08109, -17.32113)

Tu–Fr	10:00–17:00

fruchtgarten.info



I Centro de Interpretación de Las Loceras

Located in El Cercado, this museum preserves the history of traditional pottery made without a wheel, a technique inherited from the island's ancestors.

(Unnamed Road), El Cercado 38869, Spain (28.11870, -17.28388)

Mo	Closed
Tu–Su	09:30–13:30

aidergomera.es/areas-de-actuacion/arte... , +34 922 804104



J Mirador de La Laja

Provides views of the La Laja ravine, the Chejelipes reservoirs, and the surrounding agricultural landscapes.

Carretera General Tenerife 713, 38800, Spain (28.09965, -17.18476)

K Mirador del Bailadero

Situated on the ridge between the Hermigua and San Sebastián watersheds, offering views of the northern laurel forests and deep valleys.

(28.12313, -17.20966)

L Mirador de Igualero

Features a monument dedicated to Silbo Gomero, the island's unique whistling language. The site overlooks the protected landscape of Orone.

Calle Igualero, 38840, Spain (28.09933, -17.25515)



M Playa de Alojera

A secluded black sand beach on the northwest coast, framed by high cliffs and known for its nearby palm groves used for palm syrup production.

38840, Spain (28.16382, -17.33456)

DATA SOURCES

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