

Five more spectacular autumn treks

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Gran Canaria

The island's volcanic highlands, pine forests and ravines are a world away from the tacky beach resorts, and the weather is great for walking all winter. Upland Escapes (01367 851111; www.uplandescapes.com) has recently started offering walkers the chance to stay in cave houses and stone cottages in the hamlet of Artenara, high in the mountains.

Departures until May cost from £345 per person for three nights, or from £630 for seven nights, including accommodation with breakfast, packed lunch, maps and hire car, but not flights.