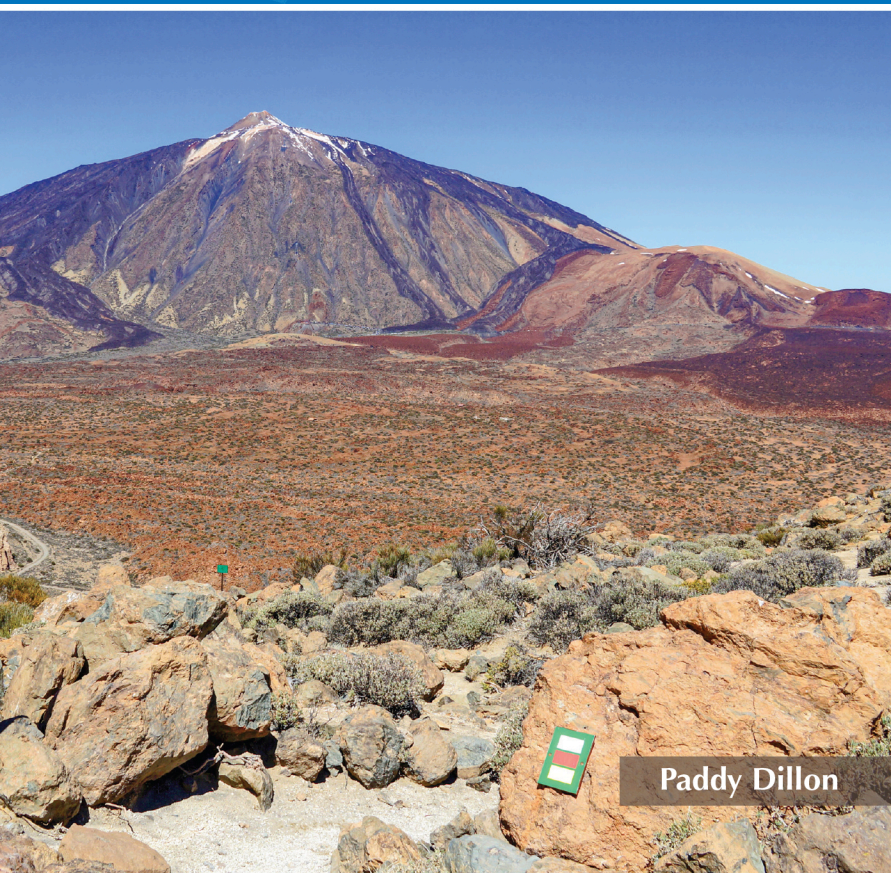


CICERONE

# WALKING ON TENERIFE

45 walks including El Teide and GR 131



Paddy Dillon

# **WALKING ON TENERIFE**

**45 WALKS INCLUDING EL TEIDE AND GR 131**

**by Paddy Dillon**

**CICERONE**

JUNIPER HOUSE, MURLEY MOSS,  
OXENHOLME ROAD, KENDAL, CUMBRIA LA9 7RL  
[www.cicerone.co.uk](http://www.cicerone.co.uk)

© Paddy Dillon 2023  
 Third edition 2023  
 ISBN: 978 1 78631 069 9  
 Second edition 2011  
 First edition 2003



Printed in Singapore by KHL Printing on responsibly sourced paper  
 All photographs are by the author unless otherwise stated.  
 A catalogue record for this book is available from the British Library.



Route mapping by Lovell Johns [www.lovelljohns.com](http://www.lovelljohns.com)  
 Contains OpenStreetMap.org data © OpenStreetMap contributors, CC-BY-SA. NASA relief data courtesy of ESRI

### Updates to this guide

While every effort is made by our authors to ensure the accuracy of guidebooks as they go to print, changes can occur during the lifetime of an edition. This guidebook was researched and written during the COVID-19 pandemic. While we are not aware of any significant changes to routes or facilities at the time of printing, it is likely that the current situation will give rise to more changes than would usually be expected. Any updates that we know of for this guide will be on the Cicerone website ([www.cicerone.co.uk/1069/updates](http://www.cicerone.co.uk/1069/updates)), so please check before planning your trip. We also advise that you check information about such things as transport, accommodation and shops locally. Even rights of way can be altered over time.

We are always grateful for information about any discrepancies between a guidebook and the facts on the ground, sent by email to [updates@cicerone.co.uk](mailto:updates@cicerone.co.uk) or by post to Cicerone, Juniper House, Murley Moss, Oxenholme Road, Kendal, LA9 7RL.

**Register your book:** To sign up to receive free updates, special offers and GPX files where available, register your book at [www.cicerone.co.uk](http://www.cicerone.co.uk).

*Front cover: Reaching the Degollada de Guajara reveals a fine view towards El Teide*

## CONTENTS

Map key . . . . .	7
<b>INTRODUCTION</b> . . . . .	9
Location . . . . .	10
Geology . . . . .	10
Wildlife . . . . .	11
National parks . . . . .	14
The Fortunate Isles . . . . .	15
When to go . . . . .	16
Accommodation . . . . .	16
Health and safety . . . . .	16
Language . . . . .	17
Money . . . . .	17
Communications . . . . .	18
<b>WALKING ON TENERIFE</b> . . . . .	19
Getting there . . . . .	21
Getting around . . . . .	21
Planning your transport . . . . .	22
What to take . . . . .	22
Waymarking and access . . . . .	23
Maps . . . . .	24
Food and drink . . . . .	24
Tourist information offices . . . . .	25
Emergencies . . . . .	25
Using this guide . . . . .	25
<b>ANAGA</b> . . . . .	27
Walk 1 Mirador del Pico del Inglés to Valleseco . . . . .	28
Walk 2 Igueste de San Andrés to Chamorga . . . . .	31
Walk 3 Chamorga, El Draguillo and Almaciga . . . . .	35
Walk 4 Taganana, Afur and La Cumbre . . . . .	41
Walk 5 Afur, Taborno and Mirador del Pico del Inglés . . . . .	45
Walk 6 Cruz del Carmen, Chinamada and Punta del Hidalgo . . . . .	48
Walk 7 Cruz del Carmen, El Batán and Punta del Hidalgo . . . . .	52
<b>TENO</b> . . . . .	57
Walk 8 Cueva del Viento to La Vega . . . . .	58

Walk 9	Los Poleos and Montaña de Chinyero . . . . .	62
Walk 10	Garachico to San José de los Llanos . . . . .	65
Walk 11	Santiago del Teide, Chinyero and Erjos . . . . .	70
Walk 12	Erjos to Punta de Teno . . . . .	74
Walk 13	Erjos, Las Portelas and Masca . . . . .	81
Walk 14	Barranco de Masca . . . . .	84

## **ARONA/GUÍA** . . . . . 88

Walk 15	Boca Tauce to Guía de Isora . . . . .	89
Walk 16	Camino de Las Cocinas . . . . .	94
Walk 17	Las Lajas to Adeje . . . . .	97
Walk 18	La Escalona, Ifonche and Adeje . . . . .	102
Walk 19	Barranco del Infierno . . . . .	106
Walk 20	Roque del Conde and Roque Imoque . . . . .	109
Walk 21	Vilaflor and Montaña de la Vica . . . . .	113
Walk 22	Vilaflor and the Paisaje Lunar . . . . .	116

## **VALLE DE LA OROTAVA** . . . . . 120

Walk 23	Las Raíces and Las Lagunetas . . . . .	121
Walk 24	Camino de Candelaria – Aguamansa to Arafo . . . . .	124
Walk 25	La Caldera and Camino El Topo . . . . .	129
Walk 26	La Caldera and Ruta del Agua . . . . .	133
Walk 27	El Portillo to Realejo Alto . . . . .	136

## **PARQUE NACIONAL** . . . . . 141

Walk 28	Izaña and Volcán de Fasnía . . . . .	143
Walk 29	El Portillo and Alto de Guamaso . . . . .	145
Walk 30	El Portillo and Arenas Negras . . . . .	148
Walk 31	El Portillo and Montaña Blanca . . . . .	150
Walk 32	El Filo to Parador . . . . .	155
Walk 33	Parador and Guajara . . . . .	160
Walk 34	Parador and Roques de García . . . . .	165
Walk 35	Parador and Montaña Majúa . . . . .	168
Walk 36	Parador to Las Lajas . . . . .	171
Walk 37	Parador to Villa de Arico . . . . .	174

## **EL TEIDE** . . . . . 180

Walk 38	El Teide via Montaña Blanca . . . . .	182
Walk 39	El Teide via Pico Viejo . . . . .	186
Walk 40	El Teide via Roques de García . . . . .	191

## **GR 131 – ARONA TO LA ESPERANZA** . . . . . 195

Walk 41	GR 131 – Arona to Vilaflor . . . . .	196
Walk 42	GR 131 – Vilaflor to Parador . . . . .	201
Walk 43	GR 131 – Parador to El Portillo . . . . .	206
Walk 44	GR 131 – El Portillo to La Caldera . . . . .	210
Walk 45	GR 131 – La Caldera to La Esperanza . . . . .	215

## **Appendix A** Route summary table . . . . . 223

## **Appendix B** Useful contacts . . . . . 227

## **Appendix C** Topographical glossary . . . . . 229

### **Note on mapping**

The route maps in this guide are derived from publicly available data, databases and crowd-sourced data. As such they have not been through the detailed checking procedures that would generally be applied to a published map from an official mapping agency. However, we have reviewed them closely in the light of local knowledge as part of the preparation of this guide.





## INTRODUCTION



The upper part of the Barranco Seco, on the way to Bejia and El Peladero (Walk 7)

The seven sub-tropical Canary Islands bask in sunny splendour off the Atlantic coast of north-west Africa. Millions of sun-starved Northern Europeans flock there for beach holidays, but increasingly visitors are discovering the amazing variety of landscapes throughout the archipelago. Conditions range from semi-deserts to perpetually moist *laurisilva* cloud forests, from rugged cliff coasts to high mountains, from fertile cultivation terraces to awesome rocky *barrancos*: steep-sided ravines carved deep into multi-coloured layers of volcanic bed-rock. Some areas are given the highest possible protection as national parks,

but there are many more types of protected landscapes, rural parks, natural monuments and nature reserves.

More and more walkers are finding their feet, exploring the Canary Islands using centuries-old mule tracks, rugged cliff paths and forest trails. Paths pick their way between cultivation terraces, squeeze between houses and make their way to rugged coves and hidden beaches. Some paths run from village to village, following old mule tracks once used to transport goods, while other paths are based on pilgrim trails to and from remote churches and *ermitas*. Many have been cleared, repaired,

signposted and waymarked in recent years, ready to be explored and enjoyed.

This guidebook explores many waymarked trails on the island of Tenerife. This large island boasts routes of all types – from easy strolls to hands-on scrambling, from simple day walks to long-distance trails. As these routes are fully signposted and waymarked, walkers can follow them with confidence and enjoy the island to the full. Over 640km (400 miles) of trails are described in this guidebook.

### LOCATION

The Canary Islands are more or less enclosed in a rectangular area from 13°30'W to 18°00'W and 27°30'N to 29°30'N. As a group, they stretch west to east over 450km (280 miles). Although administered by Spain, the mother country is 1100km (685 miles) away. The narrowest strait between the Canary Islands and Africa is a mere 110km (70 miles). The total land area is almost 7500km<sup>2</sup> (2900 square miles), but the sea they occupy is 10 times that size.

### GEOLOGY

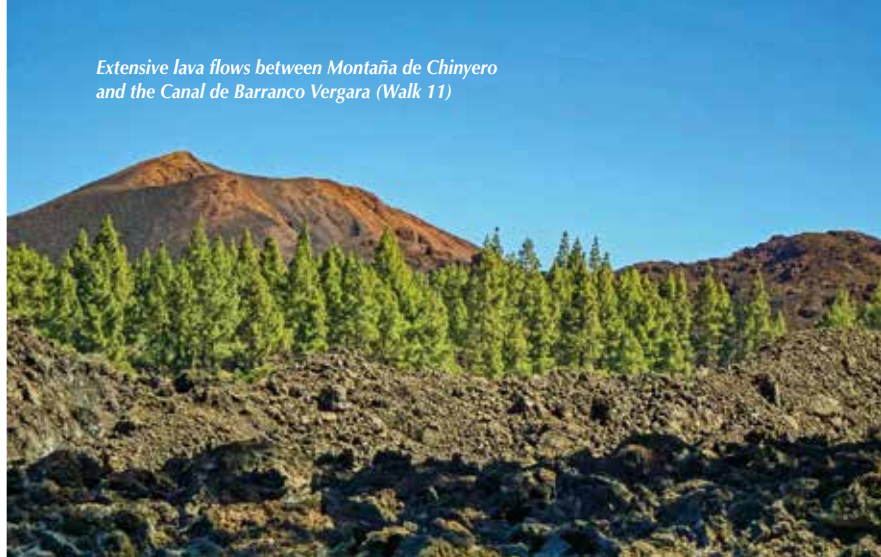
Most of the world's volcanic landscapes are formed where huge continental or oceanic plates collide with each other. When continental plates collide, the Earth's crust crumples upwards to form mountains, and when plates are torn apart, basaltic

rock from deep within the Earth's mantle erupts to form mountains. The Canary Islands, however, are different, and have a complicated geological history.

The African landmass is the visible part of a continental plate that extends into the Atlantic Ocean, but the Canary Islands lie within the oceanic crust of the eastern Atlantic Ocean, close to the passive junction with the African continental plate. It is thought that the islands now lie directly above a hot-spot, or mantle plume, some 2500km (1550 miles) deep within the Earth. The mantle plume is fixed, but the oceanic and African plates are drifting very slowly eastwards. Every so often a split in the oceanic crust opens above the mantle plume, allowing molten rock to vent onto the ocean floor. As more and more material erupts, it piles higher and higher until it rises from the sea. Each of the Canary Islands was formed this way. In 2021, a volcanic eruption on La Palma caused widespread destruction.

Lanzarote and Fuerteventura were the first Canary Islands to form and were subsequently pulled eastwards. The next time a rift opened over the mantle plume, the islands of Gran Canaria and Tenerife were formed, and these were in turn pulled eastwards. A further oceanic rift led to the formation of La Gomera, La Palma and El Hierro. As we move forward in geological time, more islands will appear as other rifts are torn open in the future.

Extensive lava flows between Montaña de Chinyero and the Canal de Barranco Vergara (Walk 11)



The forces at work deep within the Earth can scarcely be imagined. Every single piece of rock throughout the Canary Islands once existed in a molten state. Consider the energy needed to melt one small stone and multiply that to imagine the energy required to melt everything in the island chain, as well as the immense amount of rock beneath the sea that supports them all!

Over time huge amounts of volcanic material were piled high, but erosion has led to great instability. During recent geological time vast chunks of the islands collapsed into the sea, creating features such as El Golfo on El Hierro, the Caldeira de Taburiente on La Palma and the Orotava valley on Tenerife. With each catastrophic collapse, tsunamis devastated places around the Atlantic

Ocean. Geologists predict that similar collapses could occur in the future on the Cumbre Nueva on La Palma or the north face of El Teide on Tenerife.

### WILDLIFE

#### Plants and flowers

While the northern hemisphere was in the grip of an Ice Age, the Canary Islands were sluiced by rainstorms, with powerful rivers carving deep, steep-sided *barrancos* into unstable layers of ash and lava. As the landmasses emerged from the Ice Age, the Canary Islands dried out and the vegetation had to adapt to survive. Some species are well adapted to semi-desert conditions, while on some high parts of the islands, *laurisilva* cloud forests are able to trap moisture from



## WALK 1

*Mirador del Pico del Inglés to Valleseco*

<b>Start</b>	Mirador del Pico del Inglés
<b>Finish</b>	La Quebrada or Valleseco
<b>Distance</b>	6.5km or 8km (4 or 5 miles)
<b>Total ascent</b>	30m (100ft)
<b>Total descent</b>	960m (3150ft)
<b>Time</b>	2–2hr 30min
<b>Terrain</b>	Mostly good paths and mostly downhill, but occasionally rugged. The final stretch is on a road
<b>Refreshments</b>	Bars at Valleseco
<b>Transport</b>	Occasional buses from La Laguna to the Mirador del Pico del Inglés. If these are not convenient, other buses pass 1km (½ mile) from a car park and <i>mirador</i> near the summit. Weekday buses from La Quebrada to Santa Cruz. Regular buses from Valleseco to Santa Cruz

The ‘English Peak’ can be reached by bus. A relatively straightforward route runs down to Valleseco in the suburbs of Santa Cruz. The lush *laurisilva* forest on the mountains gives way to scrub more suited to arid conditions further downhill, as the route drops into a deep *barranco*.

Route uses PR TF 2.

◀ This route starts at Mirador del Pico del Inglés, at 995m.

Despite nearby masts there are splendid views from the **Mirador del Pico del Inglés** of the Anaga peninsula, the urban sprawl of Santa Cruz and La Laguna, with El Teide rising beyond. Gran Canaria lies out to sea. The peak was named after a visitor who fell to his death; only he wasn’t an Englishman, he was an Austrian.





*The Roque de  
Agua is seen on  
the way down from  
Pico del Inglés*

From the Mirador del Pico del Inglés car park a signpost for Valleseco points down a short flight of steps. Turn left and right past a derelict building; the path, often worn to bedrock, continues on a slope of *laurisilva* woodland. Keep ahead at a junction, along the clearest path, flashed yellow/white. Occasional views to either side reveal that the route follows a rocky crest, rising and falling. A view of urban sprawl appears suddenly, and the path swings left. Stone-paved zigzags give way to a zigzag groove on the slopes of **Cabezo del Viento**, where forest and scrub vie for dominance. Watch for markers, to pass a little house.

The path drops and then climbs round a steep hollow where there are lots of agaves among the scrub. Join another path and turn left up to a gap where a few houses, **Casas de los Berros**, stand either side. Cross the gap and go down the other side, traversing before winding down past a big eucalyptus tree. Pass little plots and cross a river, heading downstream and passing a little white house while crossing the *barranco* from side to side.

Make a slight rising traverse then wind down and cross the **Barranco de Valleseco** back and forth again, passing a concrete **aqueduct**. Cross the *barranco* later and pass a bridge carrying another aqueduct spanning an impressive narrow rock gorge. Cross again well below the bridge, then back again. Pass stoutly walled plots and cross yet again. Pass more plots and keep left below a house. Cross the river a couple more times, pass a ramshackle house, then see lots more houses straggling down through the *barranco* ahead. Follow the rugged path and join a concrete road beneath a concrete **aqueduct**. The road offers rapid onward progress, but the path slices up to the right and comes down later at a roadside map board and signpost.

Continue down the road, crossing two bridges and passing bus stops at **La Quebrada**. If a bus is due, mid-week only, the walk can be cut short, otherwise keep walking down the road through **Valleseco**, passing sports facilities and bars. Reach a junction with a very busy coastal road where there are plenty of buses to and from Santa Cruz.

## WALK 2

### *Iguste de San Andrés to Chamorga*

<b>Start</b>	Iguste de San Andrés
<b>Finish</b>	Chamorga
<b>Distance</b>	9km (5½ miles)
<b>Total ascent</b>	875m (2870ft)
<b>Total descent</b>	425m (1395ft)
<b>Time</b>	4hr
<b>Terrain</b>	A road walk is followed by a rugged path climbing to a ridge. Intricate paths lead from village to village
<b>Refreshments</b>	Bars at Iguste and Chamorga
<b>Transport</b>	Regular daily buses serve Iguste de San Andrés from Santa Cruz. Infrequent buses serve Lomo de las Bodegas and Chamorga from Santa Cruz



• 45 varied walks throughout the island • Anaga, Teno, Arona/Guía, Valle de la Orotava and Parque Nacional del Teide • Guajara, Pico Viejo and El Teide



- varied routes from short and easy to long and arduous
- most walks accessible by public transport, with numerous opportunities for linking routes
- best walking from September to April, with the chance of snow on higher ground in winter

Tenerife is a popular destination for winter walking, and the routes in this guide explore the best of the island, including Las Cañadas, Corona Forestal and ascents of El Teide itself, Spain's highest mountain.

Passing through both semi-desert landscapes and lush laurisilva forest, with volcanic cones, lava flows and ash slopes, the walks range from easy strolls to strenuous mountain routes, from simple day walks to the five Tenerife stages of the island-hopping GR 131 long-distance route.

**CICERONE**

[www.cicerone.co.uk](http://www.cicerone.co.uk)

WALKING | SPAIN

US \$27.95

ISBN 978-1-78631-069-9



9 781786 310699

UK £17.95