

	FOOTPATHS	COORDINATES	CONDITION	POSSIBLE BUS *
1	La Fortaleza	F-5	✓	342, 348
2	Arenas Negras	F-5	✓	342, 348
3	Roques de García	E-6	✓	342, 348
4	Siete Cañadas	F-5 / F-6 / E-6	✓	342, 348
5	Degollada de Guajara	E-6	✓	342, 348
6	Montaña de los Tomillos	F-5 / F-6 / E-6	✓	342, 348
7	Montaña Blanca - Pico del Teide (Subida al Teide)	F-5 / E-5	✓	342, 348
8	El Filo	F-5 / F-6 / E-6	✓	342, 348
9	Teide - Pico Viejo - TF 38	D-6 / E-6 / E-5	✓	342, 348
10	Ruta Telesforo Bravo (Rambleta - Pico Teide)	E-5	✓	342, 348
11	Mirador de la Fortaleza	E-5	✓	342, 348
12	Mirador de Pico Viejo	E-5	✓	342, 348
13	Sámara	D-5	✓	342, 348
14	Alto de Guamazo	F-5	✓	342, 348
15	Alto de Guajara	E-6	✓	342, 348
16	Sanatorio	E-6	✓	342, 348
17	Iguereo	G-4 / G-5	✓	342, 348
18	Chavao	D-6	✓	342, 348
19	Majúa	E-6	✓	342, 348
20	Volcán de Fasná	F-5 / G-5	✓	342, 348
21	Mal Abrigo - Corral del Niño	F-5 / G-5	✓	342, 348
22	Parador - Alto de Guajara - Parador	E-6	✓	342, 348
23	PR-TF 53 Los Silos-Cuevas Negras-Erjos	C-4	✓	107, 325, 363, 392, 460
24	PR-TF 57 Callejón de Teno (El Palmer - Teno Alto)	B-4 / C-4	✓	355, 365, 366
25	PR-TF 11 Cruz del Carmen - El Batán - Punta del Hidalgo	I-1 / I-2	✓	050, 076, 077, 105, 273, 275
26	Afuer - Taganana	J-1	✓	076, 946
27	Cruz del Carmen - La Olla - Tegueste	I-2	✓	050, 051, 076, 077, 105, 273, 275
28	Cruz del Carmen - Llano de los Loros	I-2	✓	273, 275, 076, 077
30	PR-TF 10 Cruz del Carmen - Chinamada - Punta del Hidalgo	I-1 / I-2	✓	076, 077, 105, 273, 275
31	PR-TF 72 Camino de Chasna - Paisaje Lunar (Los Escumiales)	E-6 / E-7	✓	342
32	Pinolere (por Camino de Candelaria)	G-4	✓	345, 348
33	Ruta del Agua	G-4	✓	345, 348
34	PR-TF 40 Ladera de Tigaja	F-4	✓	339, 347, 352, 353, 354, 370, 390
35	SL-TF 292 Samarines	H-4	✓	122, 123, 124, 126, 131
36	SL-TF 294 Los Brezos	H-4	✓	123
37	SL-TF 294.1 El Moralto	H-4	✓	123
38	SL-TF 296 La Mesa	H-4	✓	123, 131
39	SL-TF 296.1 Barranco El Rincón	H-4	✓	123
40	SL-TF 296.2 Barranco Chacorché	H-4	✓	131
41	SL-TF 299 El Centenero	H-3 / H-4	✓	127
42	Ortiz - La Puente	F-6	✓	111
43	Arguayo - Santiago del Teide	C-5	✓	461, 462, 325, 355, 460
44	Arona - Roque del Conde - Arona	D-8	✓	474, 480, 482, 342
45	Camino Real (Gúlmár)	H-5 / H-6	✓	033, 034, 035
46	Rámbra de Castro	F-3 / F-4	✓	363, 107, 108
47	Urbanización Vista Paraiso - El Ancón - El Rincón	G-3	✓	376
48	Garachico - San Juan del Reparo - Garachico	D-4 / D-5	✓	107, 363, 360
49	PR-TF 43 San José de los Llanos - Chinyero	C-5 / D-5	✓	360, 392
50	Los Partidos de Franquís - Chinyero	C-5 / D-5	✓	325, 460
51	Santiago del Teide - Montaña Bilma - Chinyero	C-5 / D-5	✓	325, 355, 460, 462
52	Cruz de Teia - Paisaje Lunar (Los Escumiales)	E-6 / E-7 / F-7	✓	474
53	Las Vegas - Paisaje Lunar (Los Escumiales)	E-6 / E-7 / F-7	✓	
54	Camino La Corredera	F-7	✓	474
55	Mar a Cumbre de Arico	E-6 F-6 F-7 / G-7	✓	035, 342, 348, 430, 463
56	Arico Nuevo - Tamadaya - El Contador	F-6 / G-6 / G-7	✓	035, 430, 463
57	La Sabinita - Tamadaya	G-6 / G-7	✓	035, 430, 463
58	GR 131 Gran sendero de Tenerife	J-1	✓	342, 474, 482, 480
59	PR-TF 06.2 Roque de las Bodegas-Álmáciga-Benijo	H-3 / G-4 F-6 F-5 F-6 E-6 F-7 / D-8	✓	946
60	PR-TF 06.1 Chamorga-Tafada-Faro de Anaga	K-1	✓	947
61	PR-TF-12 Cruz del Carmen-Bajamar	L-1A-2	✓	050, 076, 077, 105, 273, 275
62	PR-TF 52 Erjos-Las Portelas	C-4	✓	366, 355, 325, 460, 392
63	PR-TF 54 Los Silos-Las Moradas-Monte del Agua	C-4 / C-5	✓	363, 107
64	PR-TF 55 Los Silos-Talavera-El Palmer	C-4	✓	107, 363, 355, 366
65	PR-TF 83.3 Altos de Granadilla	F-7	✓	416, 430, 463, 470, 484, 486
66	PR-TF 35.3 Variante Maimio-Pinolere	G-4	✓	345, 348
67	PR-TF 6.3 Álmáciga-Chamorga-Roque Bermejo	J-1 / K-1	✓	946
68	Malpais de Gúlmár	H5	✓	120, 122, 124
69	Vináticos Centenarios	H-2H-3	✓	054
70	Parque Nacional	F-5	✓	342, 348
71	Adaje - Taücho	D-7 / D-8	✓	342, 474, 482
72	Adaje - Ifonche	D-7 / E-7	✓	474, 482, 342</

The Footpaths Of Tenerife, A Guide To The Natural Treasures Of This

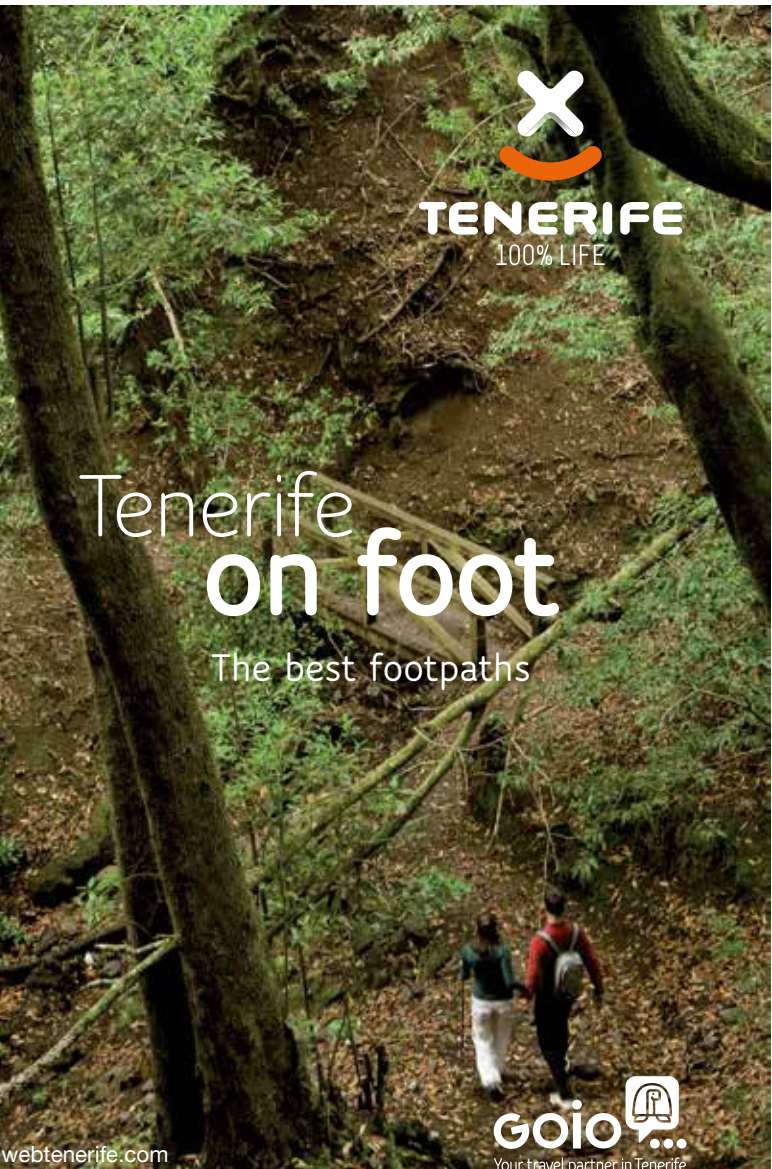
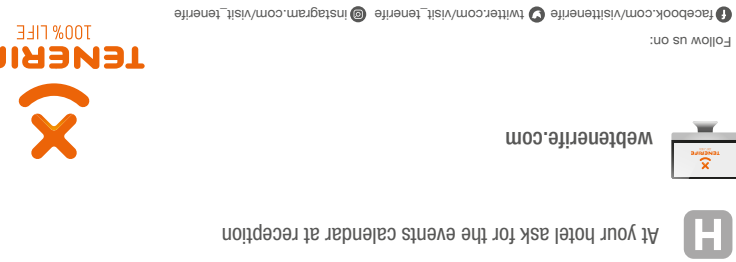
Tenerife has a world of natural beauty within its shores. With microclimates that change every ten kilometres, Tenerife is a landscape of contrasts: a volcanic island, with stunning beaches and coastal paths that run alongside mountain tracks, woodland paths and watercourses that cross the lush terrain.

The island brings together an enormous variety of landscapes and ecosystems and over 47% of the territory is classified as protected in one way or another. These protected natural spaces have a rich legacy of history and natural beauty, and each footpath offers surprising insights into the heritage of the island and each step, brings visitors closer to discovering the real Tenerife, whether meandering along ancient watercourses, treading woodland paths, or enjoying a variety of spectacular views.

The network of footpaths on the island is growing daily. New routes are rehabilitated and put back into use, offering an increasing variety of opportunities to experience the natural world first hand. Many of the ERA (European Ramblers Association) which guarantees the quality of the signage and levels of safety. As time goes on, the island becomes more populated with local footpaths, short routes and longer routes which will soon make it possible for visitors to walk from one side to the other, or complete a circuit of the island.

This network of footpaths means that visitors can increasingly enjoy the natural treasures of Tenerife in safety. We invite you to walk these paths with us and take away memories of outstanding natural beauty.

The selection of these itineraries has been carried out with the supervision of the Environment Section of the Tenerife Island Authority.



You are part of the conservation team of the Natural Spaces and Footpaths of Tenerife

- Use the indicated pathways and respect the way of life, the privacy and the property of the local inhabitants.
- If you avoid making unnecessary noise, you will be able to discover much more life around you.
- Take all your refuse away with you, including organic waste. In this way, you will be contributing to maintaining the beauty of the landscape and you will avoid the proliferation of rodents. Take special care with cigarette ends.
- Gathering of plants, animals and other objects from the environment may lead to the loss of irreplaceable resources.
- Those responsible for these Protected Natural Spaces will thank you for advising them of any incidents you may have noticed.
- Please contact the Environment Department at the Cabildo Insular de Tenerife
Tel: **(+34) 922 239 090** or send an email to: **cordinacion-mam@tenerife.es**

The natural scenery of the island is both unusual and surprising and care should be taken to ensure it is enjoyed in a responsible way.

To avoid any incidents, please follow the signs and ask for information on the state of the footpaths during adverse weather conditions. **www.webtenerife.com**

FOR YOUR SAFETY...

- When you prepare your rucksack, do not forget to include: a mobile telephone, solar protection, a hat, an overcoat, acagoule, sufficient water and food.
- Check the weather forecast and make sure that it is suitable.
- Wear suitable clothing and footwear for hill walking.
- Always walk in company and only on the marked pathway.
- Inform your relations or friends of the route you are going to take.
- Take into account the hours of light that you will need to complete your route.
- It is prohibited by Order to enter the water shafts (galerías de agua). Many of them give off lethal gases. Along your way, you will see warning signs reminding you of this regulation.



22 PARADOR-ALTO DE GUAJARA-PARADOR "A BALCONY WITH A VIEW OF MOUNT TEIDE"

CENTRO DE VISITANTES DE CAÑADA BLANCA – ALTO DE GUAJARA – CENTRO DE VISITANTES DE CAÑADA BLANCA

Starting and finishing point: Cañada Blanca Visitors Centre, Mount Teide National Park
Borough: La Orotava y Granadilla
Public transport: Yes
Taxi La Orotava: 922 32 37 37
Taxi Granadilla: 922 39 51 77
Length: 6,5 Km (Round trip)
Duration: 5 hours
Height: Maximum: 2718 m
Minimum: 2150 m
Starting point: 2150 m
Finishing point: 2150 m

Level of difficulty: High. This route incorporates steep slopes and is located at high altitude. Unsuitable for those unused to walking in such conditions.

Description of the route: The walk begins at the Cañada Blanca Visitors' Centre. The Siete Cañadas track, (footpath number 4 according to the footpath system of the National Park) runs towards Cañada del Capricho and then upwards to the Cañada del Montón de Trigo, before continuing to Degollada de Guajara.

Following footpath number 15 towards the Montaña de Guajara, the path then ascends the Mountain. The summit, at 2,715 m, is the third highest point on the island. Here, visitors can enjoy an outstanding view of Mount Teide, El Barranco del Río, Pico Viejo, Llano de Ucanca, Las Cañadas and the south of the island.

From here, retrace your steps and return to the Cañada Blanca Visitors Centre.



44 ARONA-ROQUE DEL CONDE - ARONA "A NATURAL VANTAGE POINT OVER THE SOUTH OF TENERIFE"

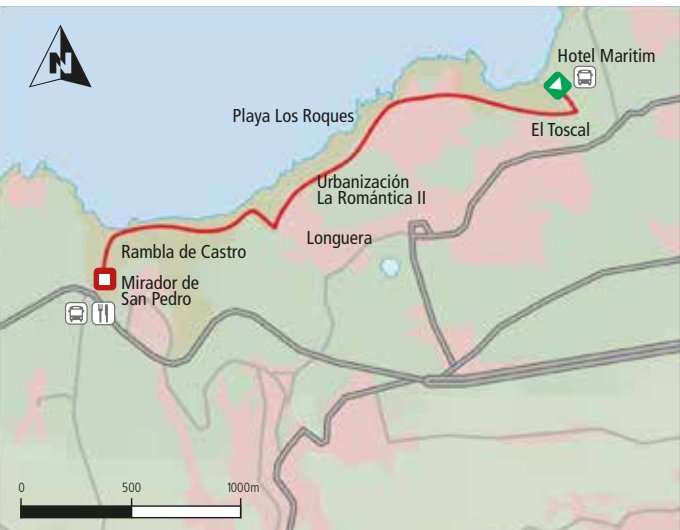
PLAZA DEL CRISTO DE LA SALUD (ARONA) – VENTO – BARRANCO DEL REY – LA CINTINELA – ROQUE DEL CONDE – LA CINTINELA – BARRANCO DEL REY – VENTO – PLAZA DEL CRISTO DE LA SALUD (ARONA)

Starting and finishing point: Plaza del Cristo de la Salud
Borough: Arona and Adeje.
Public transport: Yes
Taxi Adeje: 922 71 44 62
Taxi Arona: 922 74 75 11
Length: 7 Km
Duration: 5 hours (round trip)
Height: Maximum: 1000 m
Minimum: 600 m
Starting Point: 665 m
Finishing Point: 665 m

Level of difficulty: Medium. Despite the fact that this is a short walk, there is a pronounced slope in the final part of the ascent to Roque del Conde.

Description of the route: The footpath begins in the square of the Cristo de la Salud, in the urban district of Arona. From here, the route takes you to the Barrio de Vento and continues along a narrow path which crosses the ravine of Las Casa, del Ancón and, finally, el barranco del Rey, the frontier between the municipal districts of Arona and Adeje. Then the footpath becomes broader as it climbs upwards, between stone walls and former agricultural terraces. The final section is a narrow path wich culminates at the top of the Roque del Conde, a plateau once used to grow cereals, and offers stunning panoramic views of the south of the island.

Visitors then retrace their steps and descend by the same path.



46 RAMBLA DE CASTRO "OASIS ON THE NORTH COAST OF THE ISLAND"

HOTEL MARITIM – PLAYA DE LOS ROQUES – URBANIZACIÓN LA ROMÁNTICA II – RAMBLA DE CASTRO – MIRADOR DE SAN PEDRO

Starting point: Behind the Hotel Maritim
Borough: Los Realejos
Public transport to the starting point: Yes
Route: 339, 353, 354 (Camino Burgado bus stop)
Taxi Los Realejos: 922 34 60 45
Finishing point: San Pedro viewing point
Borough: Los Realejos
Public transport at the finishing point: Yes
Route: 107, 108, 325, 363 (Tunnel bus stop)
Length: 4 Km
Duration: 2 h
Height: Maximum: 150 m
Minimum: 40 m
Starting point: 40 m
Finishing point: 150 m

Level of difficulty: Low. This is a short and gentle path with a safe and enclosed pathway.

Description of the route: The footpath begins behind Hotel Maritim (Los Realejos), leaving Playa de Los Roques behind and heading for the La Romántica II development. Crossing over this, the footpath continues in the direction of La Romántica I, before continuing down to a wooden bridge, from which the ruins of the old water elevator of Godejuela can be seen: a construction that is over a century old and which housed the first steam engine that was installed on the island.

The footpath continues into the Protected Natural Space of Rambla de Castro, and passes the Hacienda de los Castro, Ermita de San Pedro, a building from the 18th Century which offers another spectacular view of the coastline from the terrace, and the Fortín de San Fernando. The final section of the route is the ascent to the San Pedro viewpoint, adjacent to the TF-15 road.



24 CALLEJÓN DE TENO "A WALK IN THE COUNTRYSIDE"

TF-57. EL PALMAR – LOS BAILADEROS (TENÓ ALTO)
Starting point: Finca Los Pedregales (El Palmar)
Borough: Buenavista del Norte
Public transport to the starting point: Yes
Route: 355, 366
Taxi Buenavista: 922 12 71 30
Finishing point: Los Bailaderos
Borough: Buenavista del Norte
Public transport at the finishing point: No. It is recommended that you agree to be picked up in a taxi or that you leave a vehicle at the end of the route before you begin.
Length: 4,8 Km
Duration: 3,15 h
Height: Maximum: 830 m
Minimum: 540 m
Starting Point: 540 m
Finishing Point: 775 m

Level of difficulty: Medium. The difficulty derives from the steepness of the path at the beginning of the itinerary from El Palmar, with areas that can be slippery when damp. Sudden changes of temperature and rain is common.

Description of the route: The footpath begins at the crossroads of TF-436 and gains height quickly, to offer a spectacular panoramic view of the Valley of El Palmar. Once the steep ascent is complete, the landscape changes: areas of woodlands are interspersed with small fields of crops before arriving at the village of La Abejera, where houses are clustered together on the rocky crest.

From this point the path is even, right through to Los Bailaderos, a scenic, rural hamlet, which marks the end of the route.



68 MALPAIS DE GÜÍMAR "BETWEEN LAVA AND THE SEA"

PUERTITO DE GÜÍMAR-MALPAIS-PUERTITO DE GÜÍMAR

Starting and finishing point: Puertito de Güímar
Borough: Güímar
Radio Taxi Candelaria: 922 50 38 80
Public transport to the starting point: Yes
Route: 120, 122, 124
Finishing point: Puertito de Güímar
Borough: Puertito de Güímar
Public transport at the finishing point: Yes
Route: 120, 122, 124
Length: 6,11 Km
Duration: 3 h
Height: Maximum: 122 m
Minimum: 1 m

Level of difficulty: Moderate

Description of the route: This is a circular trail, starting in Puertito de Güímar and allows you to return to the starting point. El Malpais de Güímar is a Special Nature Reserve of great ecological importance, declared a protected area in 1987. It is unique volcanic scenery that stretches from Montaña Grande to the seaside. Thanks to the area's mild climate, many endemic species can be found in this environment. There is an abundance of spurge and dragon trees; in coastal areas, the dominant plants are sea lavender and lettuce; gorse and hedge bedstraw in sandy areas, and over 60 species of lichens distributed throughout the Malpais. The interior of the Malpais is home to a large number of volcanic tubes and caves. The most spectacular cave is Cueva Honda or Cueva de los Burros (the donkey's cave), over 100 metres in length and up to 5 metres high at some points. To get into the Malpais, the best option is to walk along its paths and stop at the lookout points, where the pahoehoe lava, cacti and spurge dominate the landscape. You can discover it bit by bit as you enjoy a pleasant walk.



34 LADERA DE TIGAIGA

IGLESIA DE SANTIAGO APÓSTOL-MIRADOR DEL ASOMADERO
IGLESIA SANTIAGO APÓSTOL
Starting point: Church of Santiago Apóstol in Realejo Alto
Borough: Los Realejos
Public transport to the starting point: Yes
Route: 354
Finishing point: Los Realejos
Borough: Los Realejos
Public transport at the finishing point: Yes
Route: 354
Radio Taxi Los Realejos : 922 34 60 45
Length: 14,4 Km
Duration: 7,30 h
Height: Maximum: 1269 m
Minimum: 350 m
Starting Point: 540 m
Finishing Point: 775 m

Level of difficulty: Moderate

Description of the route: Route description: The trail starts in the Plaza de la Iglesia de Santiago Apóstol in Realejo Alto (in the municipal district of Los Realejos), following the course of the Barranco de La Lora Ravine. From there, it climbs upwards, crossing sections of laurel forest, passing the exuberant Til de Los Pavos, until it comes to the Chanajiga Recreation Area. The trail continues along the leafy Camino del Guarda and reaches the Mirador de El Asomadero lookout point, where it begins its descent to the Barranco de La Lora Ravine. From this point, it returns along the initial route to the Plaza de Santiago Apóstol square.



48 GARACHICO - SAN JUAN DEL REPARO "FOLLOWING THE STEPS OF THE LAVA"

GARACHICO - SAN JUAN DEL REPARO - GARACHICO

Starting and finishing point: Plaza de Juan González de la Torre
Borough: Garachico
Public transport to the starting point: Yes
Route: 325, 392, 460
Taxi Garachico: 922 83 00 56
Borough: Garachico
Public transport at the finishing point: Yes
Route: 107, 363
Length: 2, 7 Km (Round trip)
Duration: 1,30 h
Height: Maximum: 500 m
Minimum: 20 m
Starting Point: 500 m
Finishing Point: 20 m

Level of difficulty: Low. Despite the fact that the footpath runs down a steep slope, the path is a continuous descent along a wide single track.

Description of the route: The walk begins at the church of San Juan del Reparo, where the buildings soon make way for the countryside, as the route enters the protected landscape of the La Culata Cliffs along an ancient path which zig-zags down through the scenery. This path provides an outstanding vantagepoint, from which to take in the fantastic views of the town and port of Garachico.

The path descends along the route of the lava flow of the Arenas Negras Volcano, which in 1706 destroyed much of the prosperous nucleus of Garachico and buried the port. Pinewoods now grow on the fertile hillside and the path continues down into Calle El Volcán.

The walk culminates in Plaza de Juan González de la Torre, where the Puerta de Tierra is, the only vestige of the Port of Garachico that remains.



25 CRUZ DEL CARMEN-EL BATÁN-PUNTA DEL HIDALGO "DISCOVERING THE CONTRASTS OF OLD ANAGA"

PR-TF 11 CRUZ DEL CARMEN-EL BATÁN-PUNTA DEL HIDALGO

Starting point: Restaurante Cruz del Carmen
Borough: La Laguna
Public transport to the starting point: Yes
Route: 073, 075, 076, 077
Finishing point: Punta del Hidalgo
Borough: La Laguna
Public transport at the finishing point: Yes
Route: 050, 105
Taxi La Laguna: 922 62 13 13
Length: 10 Km
Duration: 4 h
Height: Maximum: 950 m
Minimum: 35 m
Starting point: 950 m
Finishing point: 35 m

Level of difficulty: Medium. The path is of a considerable length and has intermediate slopes along the route, unsuitable for some visitors.

Description of the route: The footpath begins at the Cruz del Carmen Restaurant and proceeds along the wide fire-break in the trees before joining a footpath through the woodland. The woodland path crosses the tracks of Las Hiedras and el Lomo de Los Dragos before reaching the watercourse of the Del Río or Del Batán Ravine.

From here on, the footpath ascends to Beja, crossing the Hamlet of El Batán, and then descends again to the village of El Peladero. The path crosses little ravines on its re-ascent to Lomo del Morro, which offers a broad panoramic view of the surrounding area.

From this point, the shady woodland paths make way for wider, unsheltered, walkways surrounded by local heather that grows well at altitude and, as the path approaches the coast, arid vegetation, such as euphorbias, is more prevalent. The walk ends at Punta del Hidalgo.



31 CAMINO DE CHASNA-PAISAJE LUNAR "A PATH FULL OF STORIES WAITING TO BE TOLD"

PLAZA DE VILAFIOR – CASA GALINDO – CASA MARRUBIAL – PAISAJE LUNAR – LOS LLANITOS – PLAZA DE VILAFIOR

Starting and finishing point: Plaza de Vilafior
Borough: Vilafior-Granadilla
Public transport: Yes
Route: 342, 474, 482
Taxi Vilafior: 922 70 90 47
Taxi Granadilla: 922 39 51 77
Length: 13 Km
Duration: 7 h
Height: Maximum: 1950 m
Minimum: 1420 m
Starting Point: 1420 m
Finishing Point: 1420 m

Level of difficulty: Medium – High. The main challenge lies in the length of the ascending part of the walk. Otherwise, it is a comfortable and even route.

Description of the route: The walk begins in the square of Vilafior. On leaving the village, the route then crosses the watercourse of a ravine before turning towards Camino del Atajo. The footpath passes a large farm called Casa Galindo and follows a track that is over 500 years old, before descending towards the spectacular Paisaje Lunar viewpoint, or Lunar Landscape.

Rest a while here and take in the views before following the path back down to the town of Vilafior.