



Ruta 0.4.0

PR-TF 41 Playa de El Socorro-Pico del Teide






A direct route from the sea to the heavens

A vertical challenge unique in Europe

Route 0.4.0 will make your dream come true: to travel on a route that in a single day goes from the seashore up to a colossus of over 12,000 feet: Mount Teide.

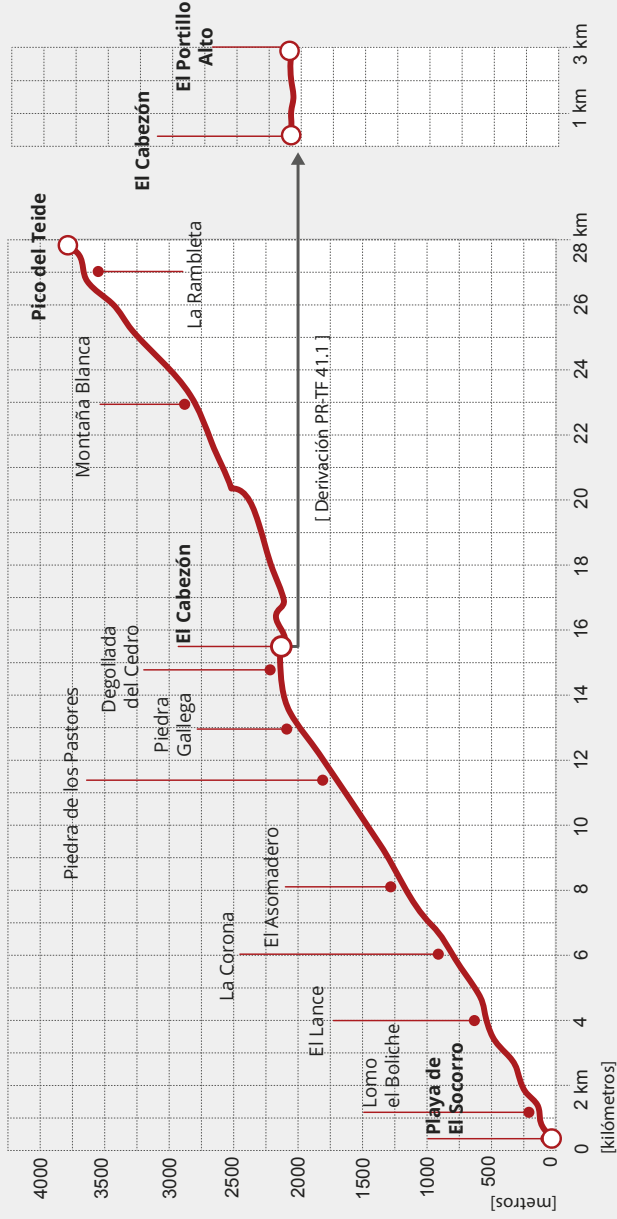
It begins at Playa del Socorro, in Los Realejos, and meets the PR-TF 41 footpath. The first few kilometres go through a rural setting and the hillsides of the protected landscapes of Los Campeches, Tigaiga and Ruiz. A steep slope leads up to the vantage point of La Corona and then to that of El Asomadero. After that, the carpet of trees of the Corona Forestal natural park takes over.

Halfway up, the pinewoods give way to the high mountain bushes of Mount Teide national park. Near the El Cabezón mountain, it is possible to take a detour along the PR-TF 41.1 up to El Portillo Alto or a twisting ascent up to La Rambleta (3555 m). **Up to there, it is possible to go as you please, but in order to cover the last 630 metres to the peak of Mount Teide, it is necessary to have a permit which you can ask for on the www.reservasparquesnacionales.es website.**



PR-TF 41


PR-TF 41.1



Technical data PR-TF 41



ESTIMATED DURATION

 4-6 h

 7-9 h



DISTANCE

27,8 Km



ACCUMULATED ASCENT

3,812 m



ACCUMULATED DESCENT

116 m

Technical data PR-TF 41.1



ESTIMATED DURATION



20'



45'



DISTANCE

3,1 Km



ACCUMULATED ASCENT

105 m



ACCUMULATED DESCENT

55 m

In nature, better take care.



Before you begin, make sure you understand the effort that will be required.




Make sure the weather forecast is good for all sections of the climb.



Take your own food and water. There are no places where you can get fresh water along the route.



Include among your materials, your fully charged mobile, first aid, money and thermal clothing.



In some parts, you will come across:



Shared use



Changes in temperature



The possibility of mist and fog



Slippery surfaces

On the entire route:



Respect private property



Walk only on the footpaths

Trail markers

| Type of path | Continuity Path | Change of direction | Wrong direction |
|--|-----------------|---------------------|-----------------|
| GR[®] Gran Recorrido | | | |
| PR[®] Pequeño Recorrido | | | |
| SL[®] Sendero local | | | |

Marcas registradas por la FEDME

On the signs,
there is a panel
which indicates
your location.

Geographic coordinates

Lat.

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