

The Island of hidden **Volcanoes**



A person is seen from behind, sitting on a dark, jagged volcanic rock formation. They are looking out over a vast, calm blue ocean that stretches to the horizon. The sky is a clear, deep blue, and the overall scene is peaceful and scenic.

Turismo de Tenerife

C/ Alcalde José Emilio García Gómez, 9
38005, Santa Cruz de Tenerife
Islas Canarias, España
Tel.: 0034 902 32 13 31
Fax: 0034 922 23 78 72
info@webtenerife.com

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Alfonso Bravo
Joaquín Ponce de León
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images

Discover the volcanic side of Tenerife

● We know that you only want to have fun and be happy on your holidays, and if you have thought of spending a few days on Tenerife, you've found your spot! The island is home to all volcanic processes and displays in the world, and this makes it a unique place.

You're free!

Volcanoes are often just linked to a stop off for a quick glimpse and, yes, this can be a great way of getting up close to them. But in Tenerife, there is also space for adventure. For those who love paragliding and being dazzled by bird's eye views of volcanoes (with the adrenalin at max!) and for those who love the exact opposite: serenely diving in underwater caves surrounded by playful colourful fish.



WHAT DO YOU THINK VOLCANIC HOLIDAYS ARE LIKE?

There is always something for you

The island is very fortunate and everybody can find something to do (and sometimes simply doing nothing) that makes you want your holidays to never end... like those long childhood summers. Remember?

Every day can be a great day

A cleansing dip at unspoilt volcanic beaches or in idyllic lava pools can be the best way to start your day. Hear your footsteps on thousands of trails in Tenerife and soak up the fresh air in the laurel forests with their splendid green hue. Save some time to discover the Teide National Park and let your curiosity run wild in small pretty villages.

The best things in life

You know that eating, and eating well, is just as important as a pretty landscape or being able to do fun activities. So as soon as you get the chance, head to any of the island's restaurants and try the volcanic menus and wines and tell yourself: 'this is the good life'. Are you aware that there are also loads of places to stay that carefully blend into the surrounding area to relax and recharge your batteries?

NOT TO BE MISSED

● Although it is almost impossible to choose just a few not to be missed spots and volcanic activities on Tenerife, here are some suggestions to make your holidays an unforgettable experience.



Costa de Arico



1 REACH FOR THE SKY

Being small has its advantages and incredible opportunities. In its relatively tiny territory (2,034 square kilometres), Tenerife is home to the highest peak in Spain: The 3,718 metre Teide.

2 ENJOY TWO WORLD HERITAGE SITES

La Laguna and the Teide National Park are Unesco World Heritage Sites. It's a treat to walk around the neat old quarter or see the variety of volcanic processes, animals and plants in the Teide National Park.

3 TAKE A SPACE TRIP

One option is to patiently wait for tourist trips into space to planets such as Mars to become mainstream. Another, more feasible, realistic and safer, is to come to Tenerife - the island is home to identical landscapes to those found on the red planet!

4 JOURNEY TO THE CENTRE OF THE EARTH

There are many volcanic caves around the world, but nothing as labyrinthine as the Cueva del Viento in Icod de los Vinos. It contains 17 kilometres of passageways and nooks and crannies spread over several levels.

5 TRY HEAVENLY WINES

A volcanic territory may not seem ideal for agriculture but it is, in fact, the most fertile land there is. You can find great wines across the island and in the town of Vilaflor, the highest vineyards in Europe.

6 EXPERIENCE VOLCANIC TRADITIONS

Every five years, huge balls of fire are thrown down the hillside in the town of Garachico, simulating the lava flow that entombed it in 1706. This is one of the surprising traditions linked to the volcanoes in Tenerife, with many more to experience and enjoy.



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11 SURE-FIRE SMILES AT SUNSET

When you've had a bad day, often something simple and unexpected brings out a huge ear-to-ear smile. Sunsets from any volcanic setting on the island have this therapeutic effect.

12 LIKE BEING IN A THOUSAND DIFFERENT PLACES

Part of the island's charm is its small size. For example, you can be breathing in the fresh air in mountain-top pine forests and, in the blink of an eye, be splashing about in the ocean on an inflatable air bed. And many more things too.

13 WHERE TO START YOUR JOURNEY

There are centres across the north and south of Tenerife where you can discover in a detailed, interactive and fun way how the volcanoes have influenced island life and landscapes.

Museum of Nature and Mankind
San Miguel Castle Garachico
San Blas Reserve
El Viento Cave
Puerto de la Cruz Archaeology Museum
Telesforo Bravo Visitor Centre
Los Pedregales Visitor Centre
El Portillo Visitor Centre
Cañada Blanca Visitor Centre
Casa del Vino La Baranda

14 SLEEP TIGHT

When it comes to restoring your energy, what you really need is somewhere cosy and comfortable. So the perfect compliment to your volcanic experience in the heart of nature will be staying in lodgings that are integrated into the surroundings. In the five territories you can choose from one of the many rural cottages and boutique hotels to stay overnight.



NOT TO BE
MISSED



● Getting around the island poses no difficulty. Some people choose to rent a car and be independent and there are others who prefer to plan their trips by bus and focus on enjoying the scenery. Although the most original way is to take a helicopter tour and fly over Tenerife's beautiful volcanic landscapes.



MOVE



HOW TO PUT
TOGETHER
YOUR VOLCANIC
EXPERIENCE IN
JUST A FEW STEPS



SUGGESTIONS

1. CHOOSE THE TERRITORY WHERE YOU WANT TO EXPLORE

2. DOWNLOAD THE MAP

You can download the territory map you want at www.webtenerife.com/volcanicisland

3. DECIDE ON THE LOCATIONS AND ACTIVITIES YOU PREFER

4. And finally: ENJOY A UNIQUE EXPERIENCE!
(but before you do, take a look at our suggestions)

We want you to have an unforgettable stay on the island, discovering its volcanoes, and we only ask you to bear in mind a few things:

● Do not leave any rubbish. Please remember that many of the places you visit are protected natural spaces so it is important that you make the minimum impact possible. Do your best so that when you leave everything is exactly as you found it.

● Respect the route marked out by the trails. There are indigenous plants and animals in every territory, including tiny insects in very small numbers or in danger of extinction. Bear in mind that if you go off the path and step on them, it would not just be an individual loss but could put the survival of that species at risk - you would never forgive yourself.

● Please do not take stones as a memento. Not only is this prohibited by law but by doing so, you change the landscape and its beauty and, in the long run, neither you nor anybody will want to come to a degraded area which looks nothing like what nature created. Also, what do want a stone for?

● Wear comfortable clothing and footwear, and protect yourself from the sun with lotion and sunglasses if necessary.

5 worlds

IN ONE

◆ You like setting your own pace, without any stress: here today, there tomorrow. At times you like to go all out, climbing the highest mountain and descending the deepest ravine. At others, your priority is to spend the 'day horizontally': staying in bed until late and, maybe, only getting up to stretch out again by the pool or go to the spa. Every day is different and the most important thing is that you decide. The island is split across five territories where you have the freedom to design your own volcanic experience that most inspires you:

1. THE OLD TERRITORY

Tenerife was created in several episodes and this was the first. It emerged from the bottom of the ocean seven million years ago, when huge amounts of basaltic lava were deposited in the westernmost area.

2. THE TWO VALLEYS

The valleys were created by the landslides caused by the accumulation of tonnes of volcanic material. When they reached their highest point, they became unstable and collapsed, forming the valleys.

3. LEGENDARY VOLCANOES

In addition to being a real Noah's Ark thanks to its biological diversity, the island is home to two UNESCO World Heritage Sites: the Teide National Park and the city of La Laguna.

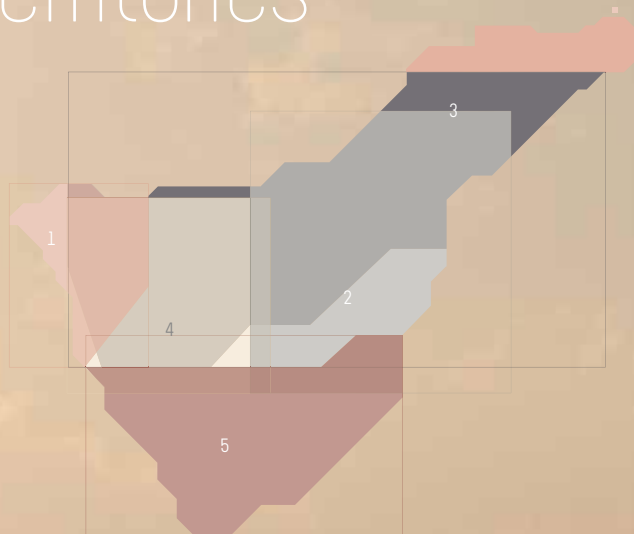
4. A LAND OF CONTRASTS

The contrast runs from north to south, crossing the island's highest peaks housing the highest vineyards in Europe and green pine forests on jet black volcanic lava.

5. LAND OF LIGHT

A million years ago, spectacular eruptions spewed out volcanic material, which the wind and water have constantly shaped over time. It is bright, dry and dominated by shades of ochre, beaches and lunar landscapes.

VOLCANIC territories



A man and a woman are standing on the deck of a white sailboat. The woman is on the left, wearing a light-colored bikini, and the man is on the right, shirtless and wearing dark shorts. They are both looking towards the left, where a steep, rocky coastline is visible. The water is a deep blue. The sailboat's mast and rigging are visible on the right side of the frame.

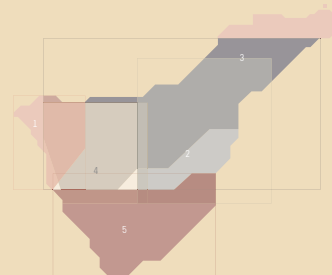
This crystal-clear water teeming with life is 22 C. Dive right in or contemplate it peacefully from the shore; the ocean always comes back to you and you to it.

THE OLD Territory

MUST DO

- ⬡ Hiking in a Tertiary Period laurel forest
- ⬡ Sign up for a dramatised route around Garachico
- ⬡ Take a dip in a rock pool
- ⬡ Enjoy the views of 600-metre high cliffs
- ⬡ Make friends with the locals (who may invite you to eat, if you're lucky)

1 OLD Territory



- Tourist Information Office
- World Heritage Site
- Mt. Teide cable car
- Ancient Dragon Tree
- Mt. Teide
- Los Gigantes
- Beaches
- Places of interest

Volcanic Experiences

- Hostels and refuges
- Recommended paths
- Golf courses
- Sailing
- Windsurfing / Kite surfing
- Surfing
- Diving
- Star gazing
- Whale watching

- Vineyards
- Museums
- Accommodation
- Viewpoint / Landscape
- Adventure tourism
- Customs / Traditions
- Souvenir / Gifts
- Where to eat



It all STARTED here

Who says that cliffs are only along the coastline?

Who says that cliffs are only along the coastline? In this part of the island, the oldest is seven million years old, caused by eruptions such as the Taco volcano that left behind the inland La Culata cliffs. A trip around them offers up marine fossils, probably shells, and with a bit of luck, sea horses.

Another volcano in this area is Palmar, with its volcanic rock opencast mine. Walk over it on the trail around the summit: it makes a lot of noise and your feet sink in up to your ankles. Above all this, the icon of the territory is Los Gigantes cliff - 600 metres of vertical sculpted rock face overlooking the sea.

INTENSE EVOCATIVE GREEN

The Teno Massif is home to a large laurel forest dating back to the Tertiary Period. The few places in the world where these forests survive can be counted on the fingers of one hand.

The forests house different varieties of trees and twisted trunks such as holly, laurel or persea indica, as well as moss and lichen. Heading into the forest is like being on a fantasy film set with its mist and giant ferns helping to create a special enveloping atmosphere.



TENO Rural Park

Laurisilva

This **hidden setting** far from civilization usually attracts the eye of the restless traveller. It is a natural volcanic realm dotted with cliffs, laurel forests, hamlets.



Accommodation just for you

Pick the accommodation that best suits your needs and your volcanic experience will be perfect.



accommodation

A full-page photograph of a deep, rugged ravine in Masca, Canary Islands. In the foreground, a man and a woman are walking along a stone path. The man is wearing a blue shirt and shorts, and the woman is wearing a white shirt and shorts. They are both looking towards the camera. The background features steep, rocky cliffs and a large, tall plant with yellow flowers. The sky is blue with some clouds.

The rainfall over the last five million years has perforated the ravines of Carrizales and Masca, making them the deepest on the island. The beautiful low red tile-roofed homes in Masca are the best example of rural Canary architecture.

When you tour the ravine, you run into welcoming people to spend some time chatting with about daily life or about how crazy the weather has got: whether it's hot, whether it will cool down a little... You may be interrupted by the passing of a goat herd. Their milk is used to make a delicious soft cheese.

RAVINES,
LOCALS AND
A FEW GOATS

Days for STROLLING AND DRAMA

In 1706, the Trevejo volcano destroyed Garachico, although fortunately there were no victims! The town's inhabitants rebuilt it with such care that it was awarded the Gold Medal for Fine Art. Sign up to a dramatised tour to discover the pride of being reborn from the ashes.

Los Silos, El Tanque, Buenavista and Santiago del Teide are also home to

charming historical centres to enjoy. The information offices in each of the towns can tell you what is a must-see if you prefer to head there directly



meetings
and events

Garachico is the spot that has seen the most intense overwhelming impact, both good and bad, from volcanoes. This is why, once every five years, this town celebrates the eruption of the Trevejo volcano with the fuegos del Risco - a spectacular show with balls of fire rolling down the hillside.

We suggest you make sure to take the **Traditions Trail**, offering a selection of the most deep-rooted customs on the island.

BALLS OF FIRE
ROLLING DOWN
THE MOUNTAIN



In Los Silos they are very proud of their international story festival held in December. The classical music concerts programmed at every edition of the Caprichos Musicales Festival are another perfect cultural option for your rest days. In addition to this we have an eclectic event fusing entertainment with environmental and marine awareness: the Boreal Festival.



SIGNS OF AN ORIGINAL CULTURE



There are endless sports and **active tourism** options to enjoy in the open air around the island, whether to do on your own or through active leisure companies that take care of everything.

Hiking is a highlight with trails where you can discover how the island was created whilst heading into exceptional natural spaces.

Fans of **cycling tourism** enjoy a wide variety of trails. And for **paragliders**, there are some of the best take-off points in this part of the island. El Tanque is one of the best.

Whale and dolphin spotting from Puerto de Los Gigantes is one of the star attractions here and can be done any day of the year. Tenerife is an exceptional place for this: a pleasant temperature and whales and dolphins three miles off the coast, with 21 of the 79 species in the world.

Oh, the satisfying ecstasy **divers** enjoy! You know what we are talking about - when you forget about the world diving underwater and are surrounded by the immense solitude of the ocean...

FEEL

ALIVE



activities
companies



Although, in reality, you are never really alone: swimming alongside you are horse mackerel, sea bream, manta ray or starfish, the prevailing species in these waters.

Finally the time has come for you to take a dip in a **natural pool** beside the ocean. This is different from swimming in an artificial pool or in open water - it is a mixture of both, bubbling and unique. Some of the most popular on the island are found in Garachico, Los Silos, Santiago del Teide and Buenavista.

Another way of activating mind and body is available at the **area's spas**, where you can enjoy a refreshing treatment.

Trails

PR-TF 52 Erjos-Las Portelas (Monte del Agua)

PR-TF 53 Los Silos-Cuevas Negras-Erjos

PR-TF 54 Los Silos-Las Moradas-Mte.del Agua

PR-TF 55 Los Silos-Talavera-El Palmar

PR-TF 56 El Palmar-Cumbre de Bolico

PR-TF 57 Callejón de Teno

PR-TF 59 Las Portelas-Masca

trails





restaurants

Delicious LOCAL cuisine

● The local restaurants have come up with dishes whose ingredients and flavours express the essence of the territory with spices and cheeses being two of the most popular products. Ask the staff in the restaurant of your choice - they will be the best at recommending the in-house volcanic speciality.

Take back a small piece of the old territory

Wickerwork or handicrafts are some of the products most in demand and are a great memento of your trip.



shops



Old Territory Vantage Points

Vantage points offer a different view of the landscape. They can help you better understand the volcanic processes in each area of the island and are a great stop on your route to help you catch your breath.

vantage points





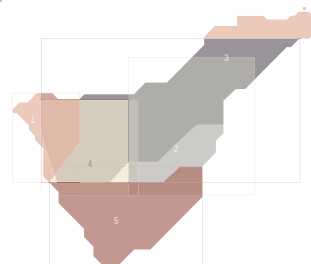
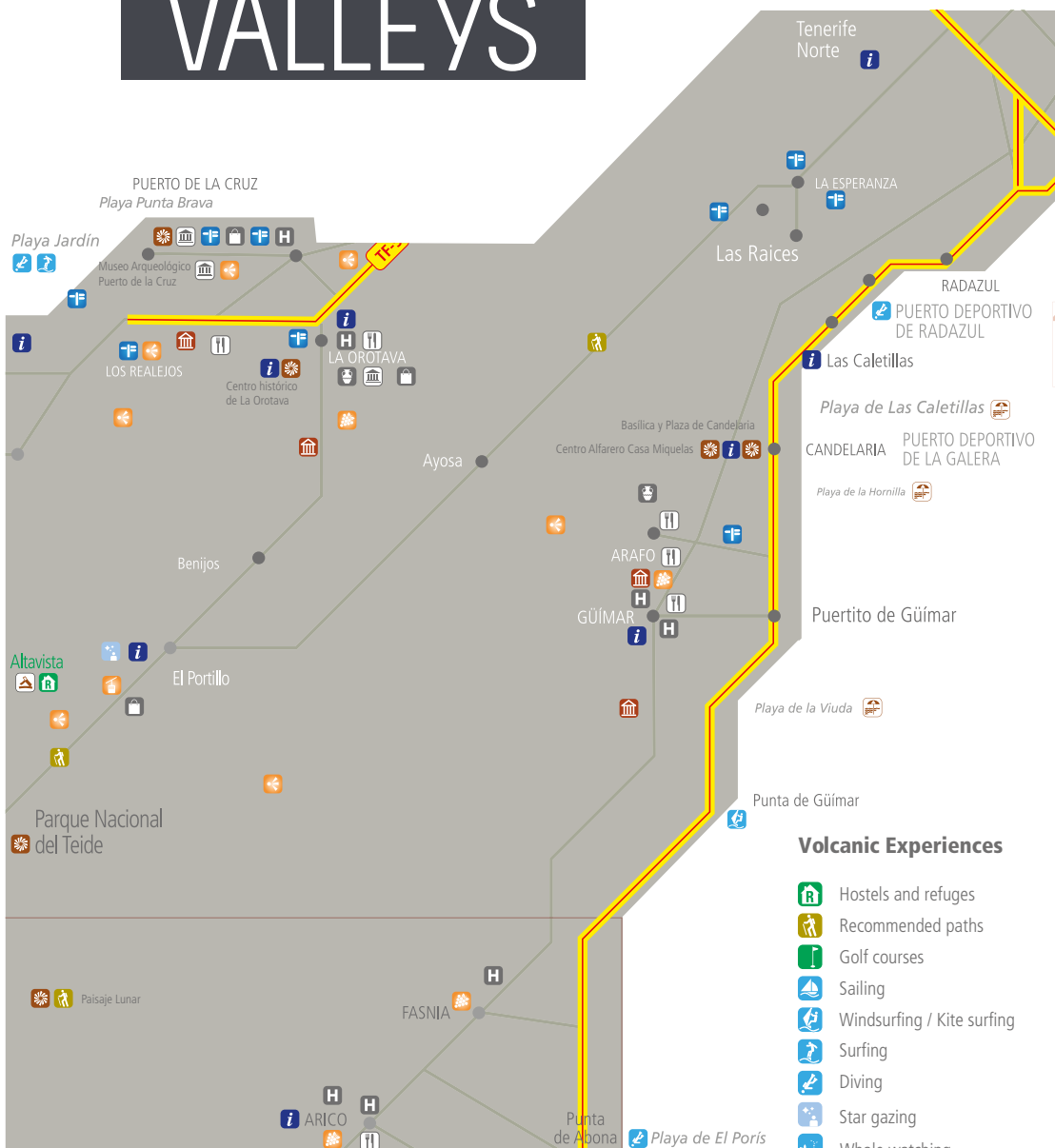
The Two VALLEYS

MUST DO

- ⬡ See real pyramids
- ⬡ Let the joy of San Juan festivities rub off on you
- ⬡ Hike in beguiling landscapes
- ⬡ Take a refreshing stroll around La Orotava or Puerto de la Cruz
- ⬡ Savour the calm: feel at peace and hear the silence



2 The two VALLEYS



-  Tourist Information Office
-  World Heritage Site
-  Mt. Teide cable car
-  Ancient Dragon Tree
-  Mt. Teide
-  Los Gigantes
-  Beaches
-  Places of interest

Volcanic Experiences

-  Hostels and refuges
-  Recommended paths
-  Golf courses
-  Sailing
-  Windsurfing / Kite surfing
-  Surfing
-  Diving
-  Star gazing
-  Whale watching

-  Vineyards
-  Museums
-  Accommodation
-  Viewpoint / Landscape
-  Adventure tourism
-  Customs / Traditions
-  Souvenir / Gifts
-  Where to eat



REBORN from the ashes

They towered up to 5,000 metres but one day, the huge mountains of volcanic material accumulated over the years collapsed. This disaster led to the extensive Güímar and La Orotava valleys, one in the north, one in the south.

Except for this similar origin, they have little in common. Mild temperatures, a humid climate and green tones on the hillsides and plantations dominate La Orotava Valley. In Güímar, to the south, the setting is much drier and arid. Pumice ochre, the volcanic ash that conquered this part of the island, reigns here.

In addition, and another difference, the rise in agricultural exports by sea led to La Orotava Valley seeing stately houses built which, little by little, led to bijou urban centres being formed (marvellously well-preserved today). In contrast, the houses in the south were linked to farms and this is why they are spread around the area.

BRINGING PEACE TO THE SOUL

Famous visitors to the island have appreciated the beauty of these valleys. **Agatha Christie** came to Puerto de la Cruz on several occasions and found inspiration for her novels. The naturalist **Alexander Von Humboldt** was also captivated by Tenerife. In 1799 he stated: 'No place seems to me more appropriate to suppress melancholy and bring peace

to a suffering soul than Tenerife', and he was not exaggerating. Christie and Humboldt fell for the island's tranquillity. Everything offered serenity: the pine forest on the peak, the farmland in the lower hills with the villages and finally the ocean with its own life. **This was more than enough for them to get away from it all.**



El Malpaís DE GÜÍMAR



This atypical space traps you with its vast example of rough, jagged **badlands of lava**. Malpaís de Güímar has been colonised by plant species such as spurges and giant cacti and small animals from Berthelot's Pipit to the **Tenerife Lizard**. They make up a small unique world separated from the rest of the island; in fact, it could be a snapshot of a slice of any planet in outer space.



WHERE IS THE WATER?

The lack of water meant locals excavated miles of underground galleries to collect the water that filtered down from the surface. This system has meant the two valleys are very fertile with major crop land in the centre. The fruit trees (banana, papaya or avocado), potatoes, sugar cane and grapes for wine stand out.



At the start of the summer solstice on 23rd June, islanders come together around the bonfires for San Juan (Saint John's day). At first sight they seem to be celebrating the arrival of the good weather and long light-filled days, but the reality is something more. On that night, they celebrate the joy of life and the fond times with family and friends sharing stories and a laugh - and that deserves good music, food and drinking into the early hours!

You might fancy joining them although just as appealing is taking a tour in your own time to enjoy the bonfires in every town and neighbourhood. Old furniture and junk that get in the way in local homes are piled up and when burnt, set the night alight with their glow.

LONG LIVE THE SUMMER!





Now this is what WE CALL A PARTY

Puerto de la Cruz

The word “party” must be encoded somewhere in the DNA of Tenerife’s islanders. Everything is an excuse to celebrate (even when there is no excuse), almost every day. Would you like some proof?

La Orotava and Los Realejos pilgrimages are pure fun. Everybody dresses in colourful ‘mago’ costumes - the traditional outfit (if you want to feel a part of it, there is no need to buy one, you can hire an outfit at specialised shops). Folk music is played by the small groups, carts pulled by oxen take over the streets and local produce is savoured. So, eat and drink with them and, why not sing too?



meetings
and events

A major **fireworks exhibition** is held every 3rd May in Los Realejos where teams

compete in two of the town’s streets (Sol and Medio) to win the public’s applause and we promise that they do manage to thrill everybody.

Corpus Christi comes to La Orotava in June and the town transforms. The streets are decorated with intricate tapestries of flowers and volcanic sand from the Teide National Park. Around 40,000 rosebuds alone are used! Plus, there are 17 natural colours of sand for the main tapestry in the town square.

Just over a month later on 16th July, the **festivities of El Carmen** are held in Puerto de la Cruz with the mass embarkation of Our Lady from the fishing wharf. Amongst the cries of ‘long live the virgin’ and a few tears due to emotion, hundreds of

small boats decorated with colourful flags accompany her in the merry tour along the local coastline.

The great religious fervour of locals can clearly be seen in celebrations such as **the ancient pilgrimage of El Socorro**, held in Güímar Valley in September, or at what is probably the most important event of the year for the local faithful: Our Lady of Candelaria, patron saint of the Canary Islands, on 15th August. The town of Candelaria fills up with pilgrims who have walked there from all over the island. You can go to mass, processions and a staging of the appearance of the Virgin to the Guanches in the nearby Achinet cave.

UNFORGETTABLE URBAN STROLLS

Another way to enjoy the volcanoes of the Two Valleys is to go around the streets of the towns. In La Orotava head to the Museum of Latin American Arts and Crafts, the Gardens of the Marquisate of the Quinta Roja (or Victory Gardens), the Stately Homes or the Hijuela del Botánico botanical garden with plant species from around the world.

Puerto de la Cruz is one of the standout tourist centres on the island. Every morning, freshly caught fish continues to be sold from the fishing wharf. Los Realejos, Arafo and Güímar are also well-worth a stroll to enjoy their historical buildings.

Museums

You should not miss a visit to the museums of The Two Valleys, a good alternative for understanding its volcanic origins in an entertaining way.



museums



shops



Parque etnográfico Pirámides de Güímar.



Guaranteed ENTERTAINMENT

Who would have said that you'd find pyramids in Tenerife? There are intriguing astronomically-ordered volcanic stone pyramid constructions at the Güímar Pyramids Ethnographic Park.

Pueblo Chico in La Orotava, a park exhibiting models of the most famous buildings in the Canary Islands, tends to have a huge impact on children. One of the latest attractions is a giddy zip line allowing you to fly over the

Teide (the model) - it makes for a fun feeling.

Do not miss the Puerto de la Cruz Archaeology Museum with its remains of the island's first inhabitants and Las Miquelas Pottery Centre in Candelaria, with artisans working clay right there.

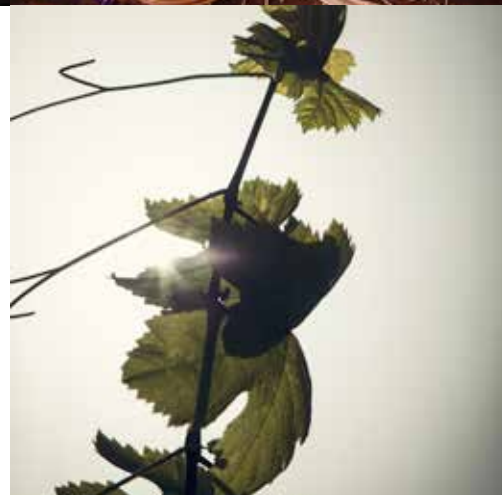




TASTY CUISINE

A part of your holidays we know you value is the [cuisine](#). In this sense, we recommend you try the volcanic dishes of the island's cuisine at any restaurant, including delicious [meat](#), [fresh fish](#), [vegetables](#) and [toasted maize \(gofio\)](#).

Abundant food should come with the [right wines](#). There are vineyards in the area where you can learn more about the wines, including two designations of origin: [Valle de La Orotava](#) and [Valle de Güímar](#).



Hiking is one of the favourite activities on the island for the most adventurous visitors. There are trails in steep terrain, aimed at experienced hikers, as well as trails in flatter areas where walking is not as demanding.

A well-earned rest

Recarga pilas en los hoteles y casas rurales que tienes a tu alcance en este territorio.



accommodation

GET FIT SURROUNDED BY NATURE



trails

In addition to the trails, water sports in the ocean are a good alternative, such as **diving** or **surfing**. **Cycling**, with tracks for all levels, and **paragliding**, where you can take off from some of the best spots on the island, are also available.

VANTAGE POINTS IN THE TWO VALLEYS

On your tour of the area, make sure you stop off at one of the vantage points along your route.



vantage points



activities
companies

trails

PR-TF 35 Mamio-Pinolere
PR-TF 40 Ladera de Tigaiga
Malpais de Güimar
SL TF 294 Los Brezos
SL TF 292 Samarines





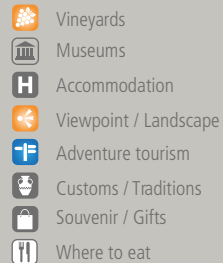
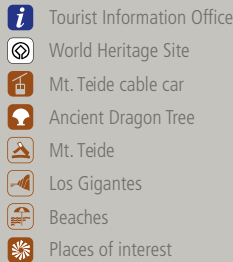
LEGENDARY Volcanoes

MUST DO

- ◇ Head into the Narices del Teide (a volcano)
- ◇ Discover two World Heritage Sites
- ◇ Feel the urge to curl up on a sea of clouds
- ◇ See clear starry skies
- ◇ Try some exquisite wines!



3



DIVERSE territory

The concept of diversity perfectly defines this area since you can go through practically all types of landscape on the island (from the driest to the most humid), see the wide variety of animal and plant species or visit villages and towns offering different personal architectural styles.

The most recent volcanic eruptions on the island took place in this area. The last one was Chinyero which erupted 100 years ago and threw out lava for 10 days and 10 nights.

Undoubtedly, one of the highlights of the Legendary Volcanoes is the fact they are home to two UNESCO World Heritage Sites: the Teide National Park and the city of La Laguna. Both welcome many trips made by visitors to the island.

We recommend you take several self-tour routes. One is Pedro Gil Crater and the Arafo Volcano, where columns of smoke in the 1705 eruption reached 12 kilometres high, i.e. the stratosphere.

There are also other, equally interesting, routes: Siete Fuentes and Fasnía, La Catedral and Roques de García, and even the Narices del Teide and the Boca Cangrejo crater. And let's not forget Chinyero, where you can see the contrast between the intense green pine grove and the black lava

TEIDE NATIONAL PARK

Ta-dah! We present the spectacular, immense and magical Teide National Park, a Unesco World Heritage Site. This is the third highest volcanic cone in the world, the most visited national park in Europe and the highest point in Spain at **3,718 metres**.

The Teide is more than a volcano for locals, who feel linked to it in a special way. This is something subtle, as if they had a small part of the mountain's soul in their deepest self.

Once you are in the park, you have the chance to discover the Teide peak in different ways. Either by cable car or heading up to the summit on foot, and spending the night in the Altavista Refuge. Bear in mind that to reach the crater and sleep in the refuge, you need a permit but the experience is well worth the effort.

In addition to the summit, there are around twenty trails to choose from inside the park. The Siete Cañadas track is one of the most popular. There are also the Cañada Blanca and Portillo visitor centres where you can discover the treasures in each setting in detail. The Teide National Park office is in La Orotava and houses a museum that explains the origins of this incredible volcano.

You can also enjoy a unique leisure experience comprising night-time star gazing at 2,000 metres with a telescope, including dinner and a cable car ride.





LaLaguna, a city with a buzz



The best example of how the volcano influences the local people who live here is La Laguna, a fascinating lively city filled with students thanks to its university.

It was declared a World Heritage Site in 1999 for its non-walled colonial grid layout of which it was a pioneering city. The historical centre is pedestrianised meaning

no cars or motorbikes bother you. This is why it is great for calmly exploring the sumptuous, well cared for mansions and buildings that hint to it once being the island's capital for many years.

A guided tour is a good way to see it, with people who know the city's history and nooks.

You can buy wine with a volcanic spirit, handicrafts and the latest fashion at the pretty boutiques in the centre. Afterwards, head to the cafés and bars infused with a welcoming bohemian touch, order something to pep you up and relax whilst outside the pleasant hubbub continues to bustle along.



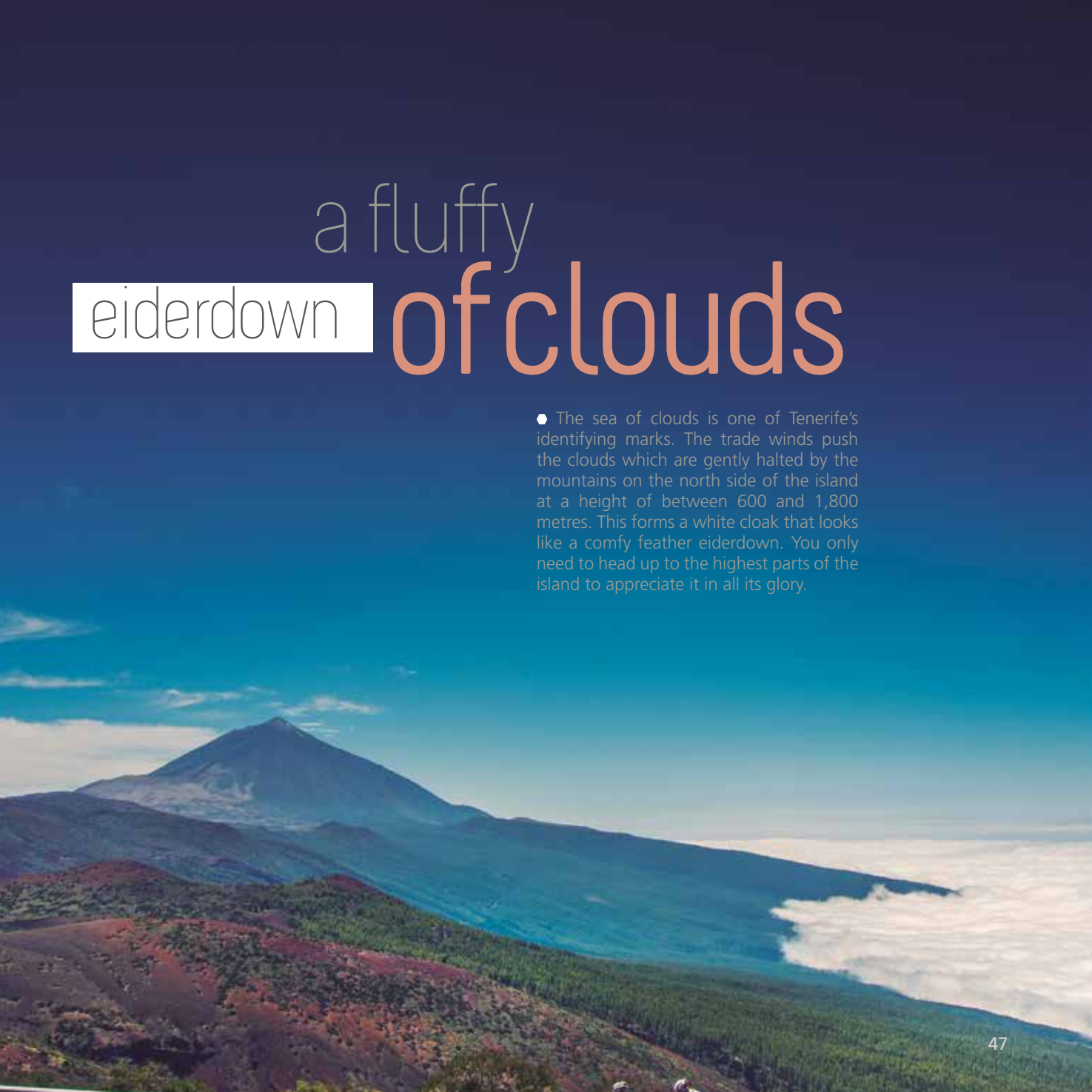
shops



accommodation

Best for deep relaxation

Telluric forces will heal you while you sleep in one of the lovely local hotels and country cottages and you'll wake up feeling brand new.



a fluffy eiderdown of clouds

● The sea of clouds is one of Tenerife's identifying marks. The trade winds push the clouds which are gently halted by the mountains on the north side of the island at a height of between 600 and 1,800 metres. This forms a white cloak that looks like a comfy feather eiderdown. You only need to head up to the highest parts of the island to appreciate it in all its glory.



trails

HIKING AND RAMBLING

As in the rest of the island, here there are hundreds of trails. A great option is the **GR-131**, part of the **E-7**, one of the **11 European Grand Routes**. The trail crosses the highest part of Tenerife from north to south. It departs from Anaga, goes through La Esperanza and ends in Arona. At 83 kilometres, it is the longest of all the routes on the island.

You can calmly explore the **Guardianes Centenarios** (Centenary Guardians) trail

in Tacoronte. It offers you the chance to gently ramble amongst *persea indica* (*laurisilva*), a local plant that lives for over a hundred years from Macaronesia (the Atlantic region the Canary Islands belong to).

The most adventurous visitors have the chance to take part in the annual sports race surrounded by nature. This is the **Tenerife Bluetrail** that crosses the island from the coast to the mountain and in just a few years it has become a benchmark on the calendar for this type of event.

trails

PNT 4 Siete Cañadas
PNT 3 Roques de García
PNT 13 Samara
PNT 20 Volcán de Fasnía

THE STARS SHINE FOR YOU

The quality of the skies over Tenerife has been certified, making the island an international benchmark. The telescopes at the Izaña Observatory are located at the heart of the Teide National Park and belong to the prestigious Astrophysical Institute of the Canary Islands. They are a hotbed for scientists from around the world and during the day you can tour some of the facilities if you

request to do so in advance.

It is precisely the extraordinary cleanness of Tenerife sky that makes it a fantastic place for star gazing. This has led to Teide and the summits of the Island being recognized as a Starlight destination and reserve respectively.

If you wish to carry out this activity, several specialized companies can organize it for you although you can also do it by yourselves. The best areas in the Park are Montaña de Guajara and the area around the Parador de Turismo. All you need to have a good time watching those twinkling little dots above your head, is a good flask with a hot drink and a blanket against the cold ”.



museums

Museums

The museums scattered around the Legendary Volcanos display examples of the island's volcanic reality that will really surprise you.



activities
companies



restaurants
and vineyards



● One of the most popular hobbies amongst islanders, if it can be called a hobby, is **heading out to eat**. Hundreds of establishments dotting the north of the island fill up at weekends. They do not just offer good food (homemade and based on traditional dishes with many ordered by themes with references to their volcanic origin) but also wines produced from the area's grapes. **Do not miss the Tacoron-te-Acentejo** designation of origin

Exquisite food & wines

Products such as **chestnuts, almonds and pippin apples** play an important role in the gastronomy of the area, seen in all their colour in the local crop fields.



meetings
and events



Vantage Points at the Legendary Volcanoes

Vantage points are always top spots when visiting the areas. They provide a general overview of the landscapes and help you better understand the volcanic processes that formed them. They are marvellous spots to relax with the impressive views.



vantage points



A land of CONTRASTS

MUST DO

- ⬡ Go from north to south and back in a flash
- ⬡ Hurl yourself down the slope on a wooden board
- ⬡ Hug a thick pine tree, or at least give it a go
- ⬡ Head into the largest volcanic cave on the continent
- ⬡ Gaze at a lunar landscape without a space suit



-  Tourist Information Office
-  World Heritage Site
-  Mt. Teide cable car
-  Ancient Dragon Tree
-  Mt. Teide
-  Los Gigantes
-  Beaches
-  Places of interest

Volcanic Experiences

-  Hostels and refuges
-  Recommended paths
-  Golf courses
-  Sailing
-  Windsurfing / Kite surfing
-  Surfing
-  Diving
-  Star gazing
-  Whale watching
-  Vineyards
-  Museums
-  Accommodation
-  Viewpoint / Landscape
-  Adventure tourism
-  Customs / Traditions
-  Souvenir / Gifts
-  Where to eat

4 A land of CONTRASTS





contrasting scenery and LIFESTYLE

It is true that the island is a continuous contrast of landscapes and lifestyles but this duality is most clearly seen in the Land of Contrasts.

The idea of passage has deep links to the origin of this area where you go from north to south through the highest peaks on the island. On the route, there are the highest vineyards in Europe and intensely green pine forests that seem nailed onto the black lava like drawing pins. This means we are in one of the most fertile spots on the island thanks to the varied biological composition of the land.

The Adeje and Abeque ridges are located here and it is one of the most active geological areas in Tenerife. For example, some of the most recent volcanic activity on the island was recorded here, including the Chinyero volcano a century ago.

Do not miss routes such as the Samara volcano summit trail - an important volcanic example in the area. Chirche is home to a Guanche country house that preserves much of the traditional architecture and where the Day of Traditions is held every year - a fair packed full of almost forgotten customs and ways of life.

Before finishing your visit to the Land of Contrasts, try the local cheeses, sweets ('trucha' - almond and yam pastries, chocolate wafers, almond cakes or 'rosquete' ring-shaped fritters), wines and liqueurs such as Mistela - just a few of the local mouth-watering gastronomic delights.



restaurants
and vineyards

HEAVENLY VINEYARDS

In no other location are vineyards grown at such height as in the area of Vilaflor, 1,200 metres high. This special nature gives the wines a unique taste, recognised at national and international competitions. This area is home to two designations of

origin: Icoden Daute Isora and Abona.

If you would like to go further into wine culture in the area, you can go on a tour of an organic estate. Alma de Trevejos is one of the vineyards.



Cueva del Viento



Cueva del Viento

STROLL THROUGH AN UNDERGROUND LABYRINTH

It is the fifth longest in the world after those found in Hawaii but the only one on the planet so full of passages and mazes. The Cave of El Viento is located in Icod de los Vinos and runs for 17 kilometres - the longest volcanic tunnel in Europe.

www.cuevadelviento.net

It was created by a torrent of lava whose top layers cooled before the layers below. This occurred 27,000 years ago during the eruption of the Pico Viejo volcano, located at the foot of the Teide. What will you miss out on if you don't visit? A journey to the centre of the earth, total silence, complete darkness.

THE THICKEST TREE THERE IS

The so-called 'Pino Gordo' or fat pine is located in the Corona Forestal Nature Reserve. The name is not given by chance: the trunk measures over **three metres wide**. Many people have fun trying to wrap their arms around it - something which requires a good group of people, at least half a dozen.

Pino Gordo is an example of a centuries-old Canary pine tree that was there when the island's new volcanoes appeared. It is **45 metres high**, making it one of the few to be so tall in the whole of Europe.

THE UNBEATABLE CANARY PINE TREE

The ability to adapt is all around the island - not just amongst the local inhabitants. Pine groves that were destroyed with each volcanic eruption have developed an astounding ability to regenerate: **fire resistance** thanks to the thick layer of bark on the trunk. This is why when a fire burns the Tenerife hillsides, the Canary pine survives.

The Corona Forestal Nature Reserve boasts an excellent sample of Canary pines and a great idea is to plan an open-air picnic in the shade of one of the many recreational areas there.

activities
companies



trails

trails

PR-TF 43.1

S. José de Los Llanos-Montaña Chinyero

PR-TF 43.3

Santiago del Teide-Montaña Chinyero

PR-TF 72

Vilaflor-Paisaje Lunar-Vilaflor

Corona Forestal

HIKING AND OTHER SPORTS TO GET FIT

The Land of Contrasts offers many opportunities to get active - get up and enjoy the activities, there is surely one to suit you down to the ground!

Los Escurriales trail takes you to the edge of the **Lunar Landscape** in the Corona Forestal Nature Reserve. It is one of the most spectacular spots on the island thanks to the narrow mountains sharpened to points by wind and water.

There are other equally good routes such as the trail around the

old Montaña Las Lajas volcano.

There are also different activities on offer for keeping active and enjoying the volcanic landscapes. Take the **bike** around the Erjos tracks to let off some steam or go **hand-gliding** with the Lomo Molino Vantage Point (El Tanque) a favourite spot amongst experts.



Savour the RICH VARIED food

You, better than anyone else, know that delicious, tasty cuisine is well worth it. This means much more than just mixing ingredients together; it also means adding the right proportion of TLC. That is the secret ingredient to the local recipes here, where vegetable dishes such as hearty soups and stews are traditional fare.

Honey is another top product. Try the honey made from local plants and flowers such as broom, tower of jewels or mountain tea. If you like them, they can be purchased at the Casa del Vño, at specialised shops or at farmers' markets. A visit to farming cooperatives helps

uncover how volcanic terrain influences produce. Dried fruits and nuts and dry farming produce are also important in local gastronomy and include ingredients such as figs or almonds.

Relax at any of the restaurants in the area which have come up with traditional dishes with a volcanic flavour that will open up your palate to new and seductive tastes.



restaurants



shops



VANTAGE POINTS IN THE LAND OF CONTRASTS

On your tour of the area, make sure you stop off at the vantage points.

DEEP-ROOTED TRADITIONS



meetings
and events



The performance of what is known as 'Al Paso de la Cumbre' ('Over the Summit') takes place every year in Santiago del Teide, Garachico and El Tanque. It is a striking staging of the traditional exchange system on the island's mountain trails which remained alive until the middle of the last century. Potatoes, vegetables, milk, cheese and even animals such as pigs were exchanged on the routes.

Other celebrations locals look forward to are those associated with opening the new wine batch at the vineyards which is especially lively in the north of the island.



Icod de los Vinos celebrates this day alongside Las Tablas festival where the town's young people ride down the steep streets on wooden boards. They go very fast and brake by suddenly hitting a pile of old tyres. We only recommend trying this yourself if you are a risk-taker, although it might be a better idea to watch from behind the barriers.

Good night

Get even closer to the volcanoes by spending the night in one of the picturesque lodgings this territory offers.



accommodation



Land OF LIGHT

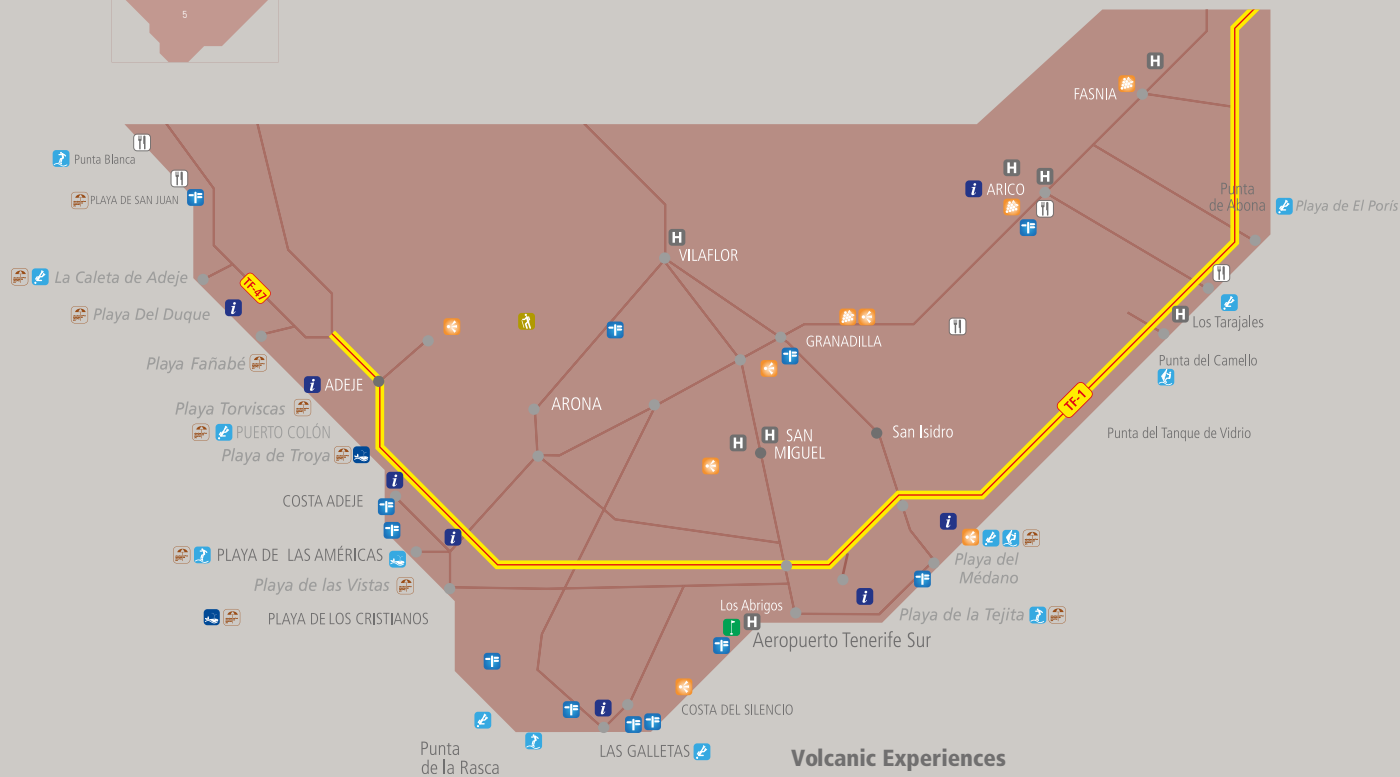
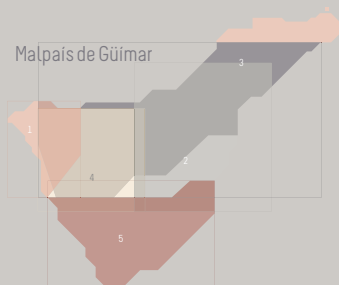
MUST DO

- ⬡ See dolphins and whales in their natural habitat year-round
- ⬡ Make a wish to a Tenerife saint and let's hope it is granted
- ⬡ Enjoy the sunshine and relax on the beach
- ⬡ Travel back in time in San Blas
- ⬡ Become the king of windsurfing and other water sports



5 Land OF LIGHT

Malpais de Güimar



-  Tourist Information Office
-  World Heritage Site
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-  Ancient Dragon Tree
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-  Souvenir / Gifts
-  Where to eat

clarity,
ochres
AND BLUE SEA

Everything shines brighter in the Land of Light thanks to the clear terrain dominated by the ochre tones of pumice stone - the prevailing volcanic material here. The intense blue from the ocean also plays a starring role.

This area covers the southern point of Tenerife - a volcanic terrain that has seen hundreds of especially intense and violent eruptions in the past. It is a dry arid spot with a strange seductive beauty. It is often buffeted by the wind which, in turn, has shaped the territory.

The volcanic soil in the area is very fertile for farming. It is called 'jable' - volcanic sands that are also perfect for building when packed into a block: tuff, which can be seen in many walls and houses.

We especially recommend making a trip to Montaña Pelada (Bare Mountain) and Montaña Roja (Red Mountain). The Montaña Amarilla (Yellow Mountain) is also ideal for exploring the crater and then taking a refreshing dip in the ocean or heading out on a dive.

At Guaza Mountain you can discover how important volcanoes have been for the local economy. Volcanic rock was extracted from the outflow for centuries and used to work the so-called 'Chasna stone' that was used in popular Canary architecture.

THE SAINT HERMANO PEDRO

A volcanic cave that could have been overlooked by all has now become an authentic **centre for popular worship**. This is Hermano Pedro in **Granadilla de Abona**. This 17th-century shepherd regularly used it to shelter his goats when he heard a call to faith at the age of 23. After dedicating himself to protecting

the most vulnerable in Guatemala, **he was canonised in 2002**.

It is worth a visit for the religious images, candles and offerings spread throughout such a small space. Even the nooks in the walls are overflowing with little bits of paper where visitors note down their promises and wishes.

Cueva del Hermano Pedro



Enduring PIRATE ATTACKS

As the archipelago was a stopping point for **ships arriving from the Americas filled with treasures and spices**, fearsome pirates used to stalk the area in the 15th century.



Since the coastal areas especially in the Land of Light suffered attacks, locals ended up building castles and forts for protection and some of these are still standing today.

ENJOY A GENTLE BENEFICIAL CLIMATE

The calm dry climate in the area is ideal for enjoying pleasant sunny days. Sunshine offers lots of benefits: it activates your defences, promotes vitamin D production, cheers you up and keeps you optimistic.

You can combine this with the beach since the Land of Light is home to some of the best on the island. Most stretch out for hundreds of metres. They are picture postcard beaches where many visitors decide to spend entire days simply laying out in the sun and taking a dip when they fancy. Although it may seem otherwise, it is a great idea. It is about giving yourself an R&R treat, living life to the full without lifting a finger.

The pleasant climate is also ideal for strolling along the Arona and Adeje sea front, where many locals and tourists play sport or go for a walk whilst taking inspiration from the ocean views. Although if you want something more demanding, try one of the trail spread around the territory.



Volcanic essence in San Blas

Anyone who wants to understand what volcanoes mean for Tenerife should head to the **San Blas Environmental Reserve** which has created a complete volcanic experience. The staging inside the complex includes audiovisual elements

and exact recreations of a tomato plantation, a Guanche cave or a ship on its way to America; it is an authentic journey through time. In the guided tour outside, you learn about the terrain, what pumice stone is or how

the volcanic material was extracted from an outflow and used for construction. Several actors at key points on the excursion (which ends with a **Guanche ritual** linked to the Teide and rain) make the visit a must-see.



OCEAN ACTIVITIES TO RELIEVE STRESS

an area where the ocean is so important, there is an abundance of water-based activities, especially **surfing, kitesurfing and windsurfing**.

The top spot amongst windsurfing fans is **El Médano**. It is full of premises where you can store or repair your gear and board building workshops and beach bars to have a drink by the ocean.

If you decide to take up surfing, you should know that there are dozens of schools spread across the island offering classes for beginners. For the experts, the best beach for surfing is Fitenia.

Kitesurfing has become extremely popular in recent years on the island. The best beaches for this sport are in Granadilla de Abona: Los Balos, El Médano and La Tejita. Another way of riding the waves is **bodyboarding** -

available at **El Confital, La Caleta and Alcalá**.

For those with a more relaxed approach, boats can be hired for leisure trips at reasonable prices (with or without a skipper) in any of the area's marinas: **San Miguel, Arona (Los Cristianos) or Adeje (Puerto Colón)**.

Of course, diving is almost obligatory if you are going to spend a few days in this part of the island enjoying the volcanic setting. A dive in these crystal-clear waters guarantees underwater caves and cones, as well as hundreds of marine and plant species.

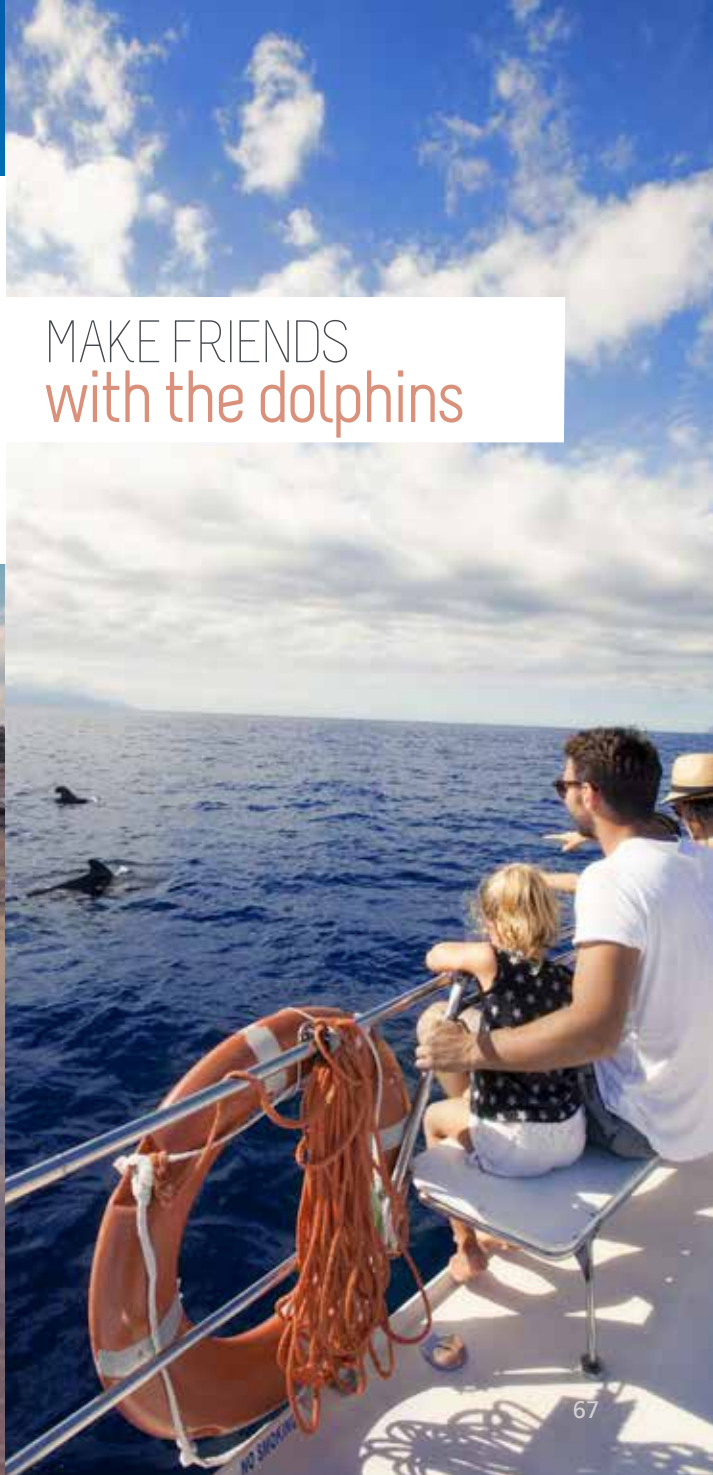


activities
companies



Alongside the Old Territory, this is one of the best areas on the island to spot dolphins and whales on the boats that leave every day from the ports of Los Cristianos and Puerto Colón. Most companies offering this activity make special efforts to comply with quality standards that safeguard users, the dolphins and whales, and their habitat. Look for the blue flag on the boats to identify them.

MAKE FRIENDS with the dolphins





restaurants
and vineyards

Exquisite Fish and TASTY MEAT



Fish and shellfish are the star ingredients in many of the local dishes in the Land of Light. There are restaurants in **Tajao, Los Abrigos, Porís de Abona** or **Los Cristianos** where they prepare delicacies with many offering volcanic dishes and menus made with local produce. Areas in the lowlands offer excellent meat with dishes based on goat or **black pig meat**.

Take the opportunity to try the wines. Fruity white wines are typical to the region including those produced in the Güímar Valley and Abona Peaks. In addition to the cuisine, this area also offers trips to farming estates. Make a stop on your journey at El Lomo or Las Margaritas.



You won't be
HOMESICK



Stay at any of the hotels or farm-houses in the Corner of Light which blend in perfectly with the surroundings.



accommodation





trails



meetings
and events

THE MIRACULOUS PROCESSION



Volcán de Chinyero

trails

C 79 11 Roque del Conde
Malpaís de Rasca

PR-TF 83 Altos de Granadilla

PR-TF 86 Villa de Arico-Cumbre de Arico

PR-TF 86.3 La Sabinita-Tamadaya

One of the traditions you have the chance to experience in the Land of Light is the Miraculous Procession during the festivities in honour of Cristo del Valle (Christ of the Valley) in Santiago del Teide. It has been held every May since 1909 and locals take out the statue of Jesus Christ so that he intercedes and maintains the Chinyero volcano inactive, which a century ago threatened to engulf the town after its last eruption. It works!



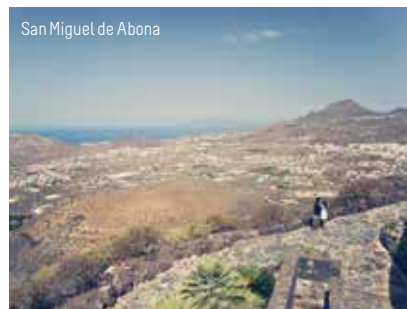
Santiago del Teide



vantage points

VANTAGE POINTS IN THE CORNER OF LIGHT

As in the rest of the island's regions, the vantage points here offer spectacular views out over the landscape which would be impossible to see from anywhere else.



San Miguel de Abona





www.webtenerife.com/isladevolcanes



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