

The Canary Islands 
LATITUDE OF LIFE


TENERIFE
100% LIFE

Tenerife,
nature's
surprises



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Turismo de Tenerife
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Design and layout
As Publicidad

Photography
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Banco de Imágenes de Turismo de Tenerife

Printing
Advantia

Legal deposit number
TF 126-2017

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The Island of Wonder

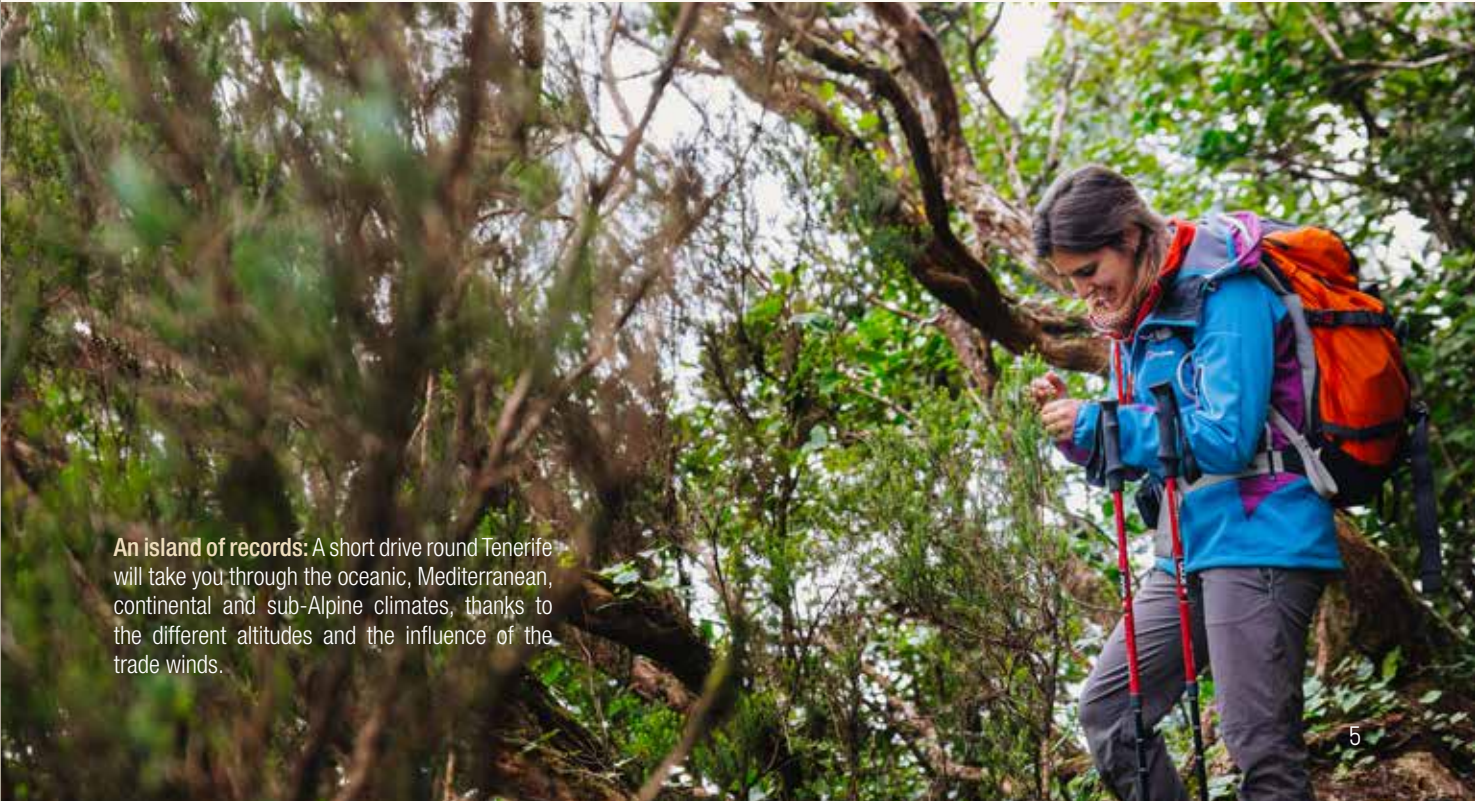
Tenerife Natural

1

Microclimates

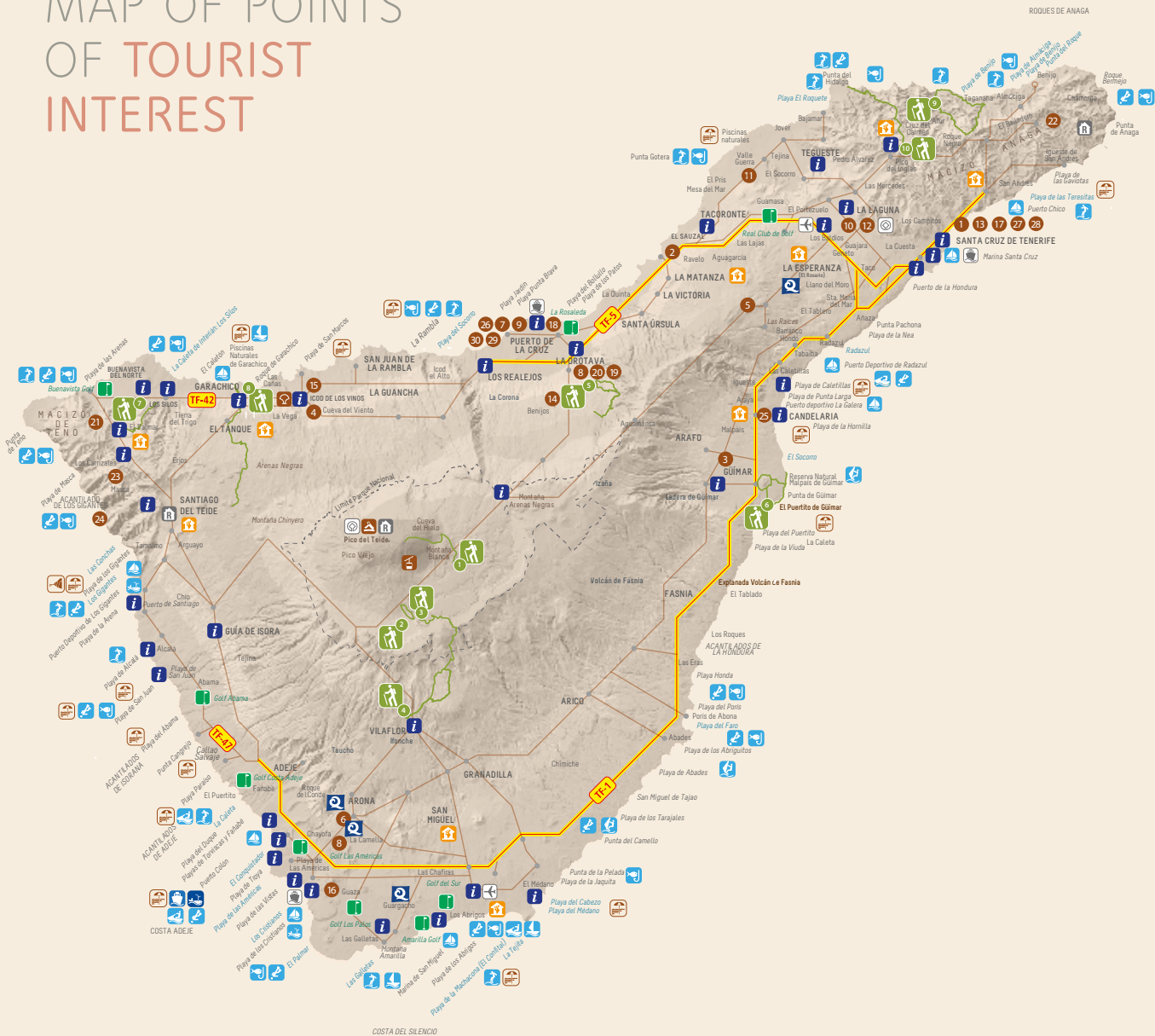
■ Welcome to Tenerife, the island where the **average temperature is 22°C all year round**. Doesn't that sound tempting? If you come, you'll also be lucky enough to be setting foot on an island full of amazing landscapes, where you can carry out exciting outdoor activities any

time of year. This, added to the fact that there are many different microclimates on the island, so it doesn't matter if it's winter or summer – you should always carry your hiking boots and a swimsuit with you, and be prepared to enjoy fascinating nature.



An island of records: A short drive round Tenerife will take you through the oceanic, Mediterranean, continental and sub-Alpine climates, thanks to the different altitudes and the influence of the trade winds.

MAP OF POINTS
OF TOURIST
INTEREST



- Tourist Information Office
- World Heritage Site
- Mt. Teide cable car
- Ancient Dragon Tree
- Mt. Teide
- Los Gigantes
- Beaches
- Tourism Quality Certification

- Winsurfing / Kite surfing
- Surfing
- Jet skis
- Sport fishing
- Diving
- Marinas
- Airport
- Ports
- Whale watching

- Hostels and refuges
- Recommended paths
- Farmer's market
- Golf Courses

- Places of interest

- 1 Auditorium
- 2 Casa del Vino
- 3 Pyramids of Güímar
- 4 Cueva del Viento
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- 25 Cathedral of Candelaria
- 26 Abaco
- 27 The San Cristóbal Castle Interpretation Centre
- 28 Palmetum
- 29 Botanical Garden
- 30 The Orchid Garden Sitio Litre



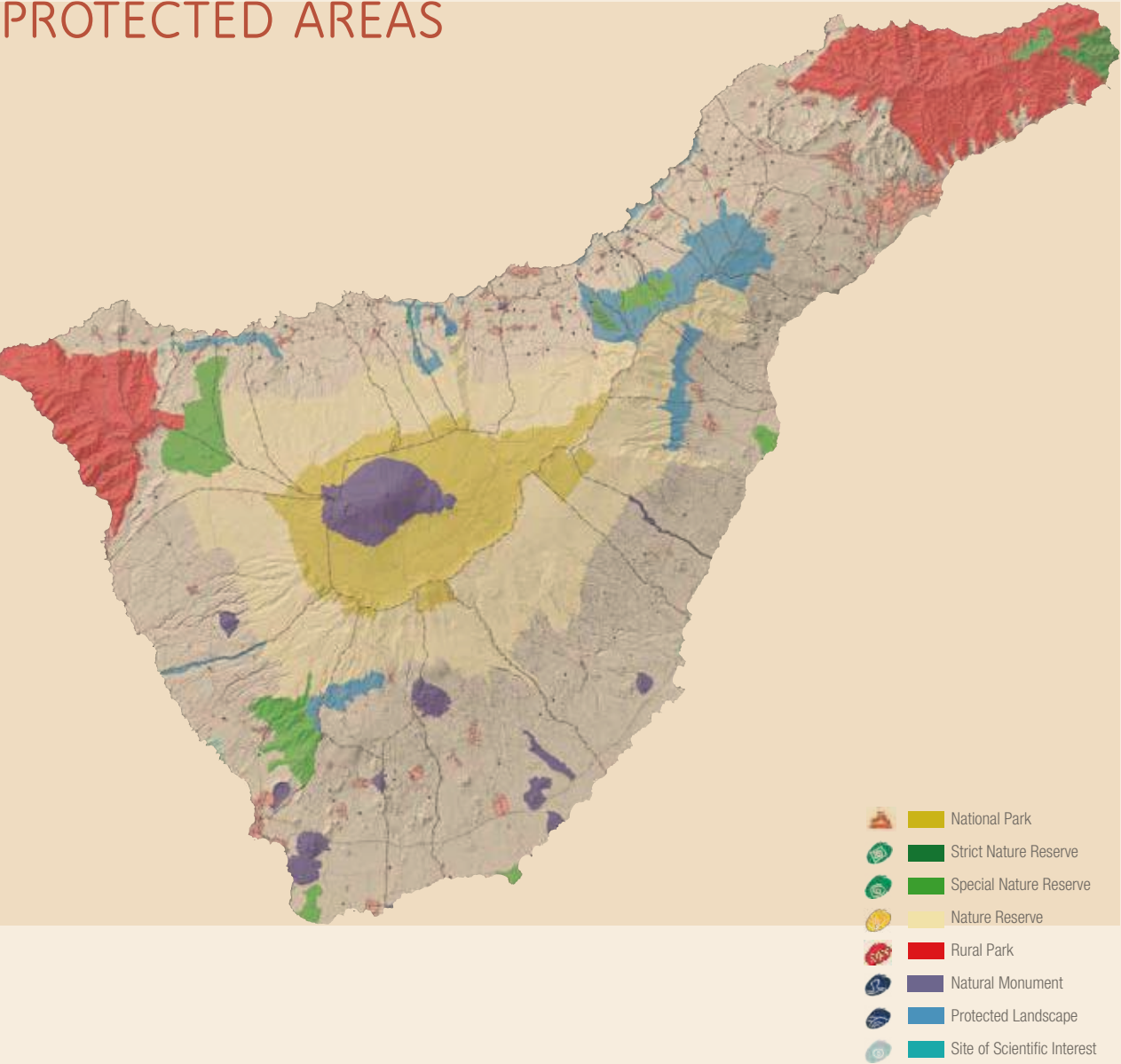


Nature's SURPRISES

Tenerife Natural

2

MAP OF
PROTECTED AREAS



Nature

■ In the morning a fresh, humid breeze caresses your face while you make your way through the bracken. At midday you'll enjoy the tingling of the foam on your body as you swim in the sea. And in the evening you'll watch the sunset in a desert-like landscape that seems otherworldly.

You'll be amazed by Tenerife's diversity, which is well preserved thanks to a network of protected nature areas that covers **48% of the island**. It's **a privileged piece of land in the middle of the ocean**. What are you waiting for? Come and discover all its secrets!



Protected AREAS

Discover our "Top 4" main protected areas, where you can discover Tenerife's wildest and most spectacular nature.

1. Teide National Park
2. Nature Reserve Corona Forestal
3. Anaga Rural Park
4. Teno Rural Park



1 NATIONAL PARK TEIDE

In the centre of the island you'll find one of the highlights of your visit. The Teide National Park is the only subtropical high mountain area in Europe, and many animal and plant species live here exclusively. Because of its amazing landscape, it has become the most visited National Park in Europe, and second in the world. In 2007 it was designated a **World Heritage Site by UNESCO**.

HOW TO GET THERE:

Bus (Guagua): From Puerto de la Cruz, line 348.
From Costa de Adeje, line 342.

Car: From the north, on the road TF-21 La Orotava-Granadilla, or on the road TF-24 La Laguna-El Portillo. From the south, on the road TF-21 Vilaflor-Boca de Tauce. From the west, on the road TF-38 Boca Tauce-Chío.

If you spend the night at the Altavista Refuge, you won't need to request the permit to access the summit of Mt. Teide to watch the sunrise, but you will have to leave the path before 9am. That means you have to get up early, walk up and come back down as soon as possible! We assure you that it's well worth it!

Cable car tickets:

If you buy them on internet you cannot get a refund if the cable car is closed.
If you buy them at the station, hotel or car hire office, you will be able to get a refund.

WHAT TO SEE:

If you travel through this area, even by car, you'll enjoy amazing views. The landscape is stunning, where ever you look. The best way to really discover it is to go up one road and come back down a different way. The largest contrasts can be found between the roads that come from the north and those that come from the south. Las Cañadas del Teide is an enormous caldera, about 17 km in diameter, on which the Teide summit rests. At 3,718 metres above sea level, it is Spain's highest peak and the Earth's third loftiest volcano. You'll never get tired of admiring the unique contrast between the snow-capped peak and the lava flows along the slopes.

If you go in spring you shouldn't miss the beautiful Tenerife bugloss, which can reach up to 3 metres high, and has thousands of tiny red flowers. Another treasure that is unique in the world is the Teide violet, the icon and pride of the Park, which can only be found above 2,500 m. You should feel lucky if you manage to spot it.

If the landscape and flora seem to be from another planet, so does the fauna. Pay attention to the smallest animals. Most of



the insects you'll see here can't be found anywhere else. You'll also find unique reptiles such as the Tenerife lizard, the gecko and the skink. If you love birds, here you'll be able to spot kestrels, great grey shrikes and endemic species such as the blue chaffinch.

WHAT TO DO:

One of the most exciting experiences in the National Park is going up the cable car. The base station is 2,356 m high and the top station is situated at 3,555 m. The trip between both stations takes 8 minutes and it's an amazing experience. Once you get to the top you'll be able to enjoy a spectacular view from the vantage point. Then you have two options to get down – by cable car or walking down the path that leads to Cañada Blanca (not to the cable car base station), but you need to be in very good physical condition to do this. The tickets are available at the stations, from 9am to 4pm. The last journey up is at 4pm and the last one down is at 4.50pm. If the tickets are purchased on the website www.teleferico-teide.com you can enjoy a 10% discount at certain times.

Even if you go up by cable car to the top station, you still won't be able to say that you've been to Spain's highest point, because to get to the crater you need to walk up the path leaving from the station. It takes 40 minutes and is very difficult, but you'll be able to boast that you've reached the top of the country on foot. If you are lucky enough to get a clear day, you'll be able to enjoy the view of up to four islands from the summit: Gran Canaria, La Palma, El Hierro and La Gomera, as well as beautiful Tenerife lying at your feet. To enjoy this unforgettable experience you need to get a special permit, which can be requested on the website www.reservasparquesnacionales.es. It's advisable to book one or two months in advance, depending on the time of year. The permit is free and is only valid for the date you request it for. If you aren't able to visit the summit because of the weather or other reasons, the permit will expire.

USEFUL INFORMATION ON SOME OF THE BEST FOOTPATHS IN THE PARK.

From the Portillo Office

- Arenas Negras: 2 h. 30 min.
- La Fortaleza: 3 h. 30 min.
- The Botanical Garden: 1 h. 30 min.

Departures at 9:15 am and 1:30 pm.
(Except La Fortaleza, which only offers the morning departure)

From the Cañada Blanca

Visitor Centre

- Roques de García: 2 h. - 2 h. 30 min.
- Degollada de Guajara: 3 h 30 min.
- Guajara: 5-6 h.

Departures at 9:30 am and 1 pm.

From both locations

- Siete Cañadas (one direction): 4-5 h. (one way).

Departures at 9:15 or 9:30 am.

Oficina del Parque Nacional

C/ Doctor Sixto Perera González, nº 25
38300 – El Mayorazgo, La Orotava
Tel. 00 34 922 922 371
Opening times: Monday-Friday, 09:00- 14:00 h.

More info:
www.webtenerife.co.uk/what-to-do/nature/hiking/



Guided Tours

You can you can experience nature wild and free in the National Park thanks to a network of paths that you can walk on your own or with a guide who will tell you all about the heritage (available every day of the year except 25 December, 1 and 6 January).

There are many paths of different lengths and difficulty levels. If you decide to go with a guide, you'll need to book at the National Park office, from Monday to Friday (9am to 2pm), by calling 00 34 922 922 371.

If you prefer to go on your own, at you own pace, listen to the silence and feel small in the immense surroundings, you'll find that the paths are perfectly signposted. In any case, you can get all the information you need at the office and visitor centres, and find out about the condition of the paths.

There aren't many places in the world where you'll find first-rate science facilities in such beautiful surroundings. The facilities of the IAC (Canary Islands Astrophysics Institute) are amongst the most important in the world. You can visit them and discover the secrets of the universe, between April and December. In order to visit you have

to send the application form on the IAC website: www.iac.es. If you already felt insignificant in the Park, when you explore the mysteries of the cosmos you'll discover how big the universe really is and how small we really are!

This observatory was built in Tenerife because the island has the best sky in the world for stargazing, together with La Palma, Chile and Hawaii. A regional law, which has a poetic name Sky Law, controls light pollution and stops "progress" from robbing the islanders of one of the small pleasures of nature: gazing at the night sky. What's more, Mount Teide and its summits have the Starlight international reserve and destination certification. There are specialised "star tourism" institutions and companies that offer information and guided tours. You'll find more information in the "Stargazing" section.

As you know, the Park does not only have wonders in the sky, but also on the ground. Next to the Portillo Visitor Centre you can find the Botanical Garden, where you can see high mountain plant species from the Canary Islands, which are hard to spot in the wild, and many of them are endemic to the Park or the island.

If you truly want to get in touch with nature, we recommend staying at the Altavista Refuge. At 3,270 m, staying here overnight is an amazing experience, although you are only allowed to stay for one night. What people usually do is stay here overnight, and walk to the crater early in the morning, without having to ask for a permit, and watch a breathtaking sunrise from the summit. When you get to the refuge you are provided with bed linen and you can heat liquids in the kitchen. Prices range from 20 to 24 euros, and you can book on the cable car website www.telefericoteide.com/altavista

The National Park houses the Portillo Visitor Centre, which is open every day (except 25th December and 1st January). It offers an overview of the Park's geological history and the links between the creatures living there and their habitat.





WHAT TO TAKE:

Any extended physical effort on a mountain is exhausting so you should save energy so as not to tire early. Take water or an isotonic drink and energy-packed foods such as fruit or dried fruit and nuts. Use appropriate footwear for the loose rocky ground on the mountain. Take special care in winter, particularly if it has snowed. And in summer, do not forget that the sun is very strong and can lead to serious burns so you are highly recommended to use sun cream and a hat. In any event, you'd be wise to take warm clothes and a weatherproof anorak at any time of the year since the weather can be very changeable. Lastly, do not forget to take your mobile phone with you.

Appendix WHAT NOT TO TAKE:

Stones. Although it may be very tempting to take a few strangely shaped volcanic stones, this has a serious impact on the landscape and is completely banned. The same goes for the flora. Remember that the best souvenir you take back is what you see and feel.

2 NATURE RESERVE Corona FORESTAL

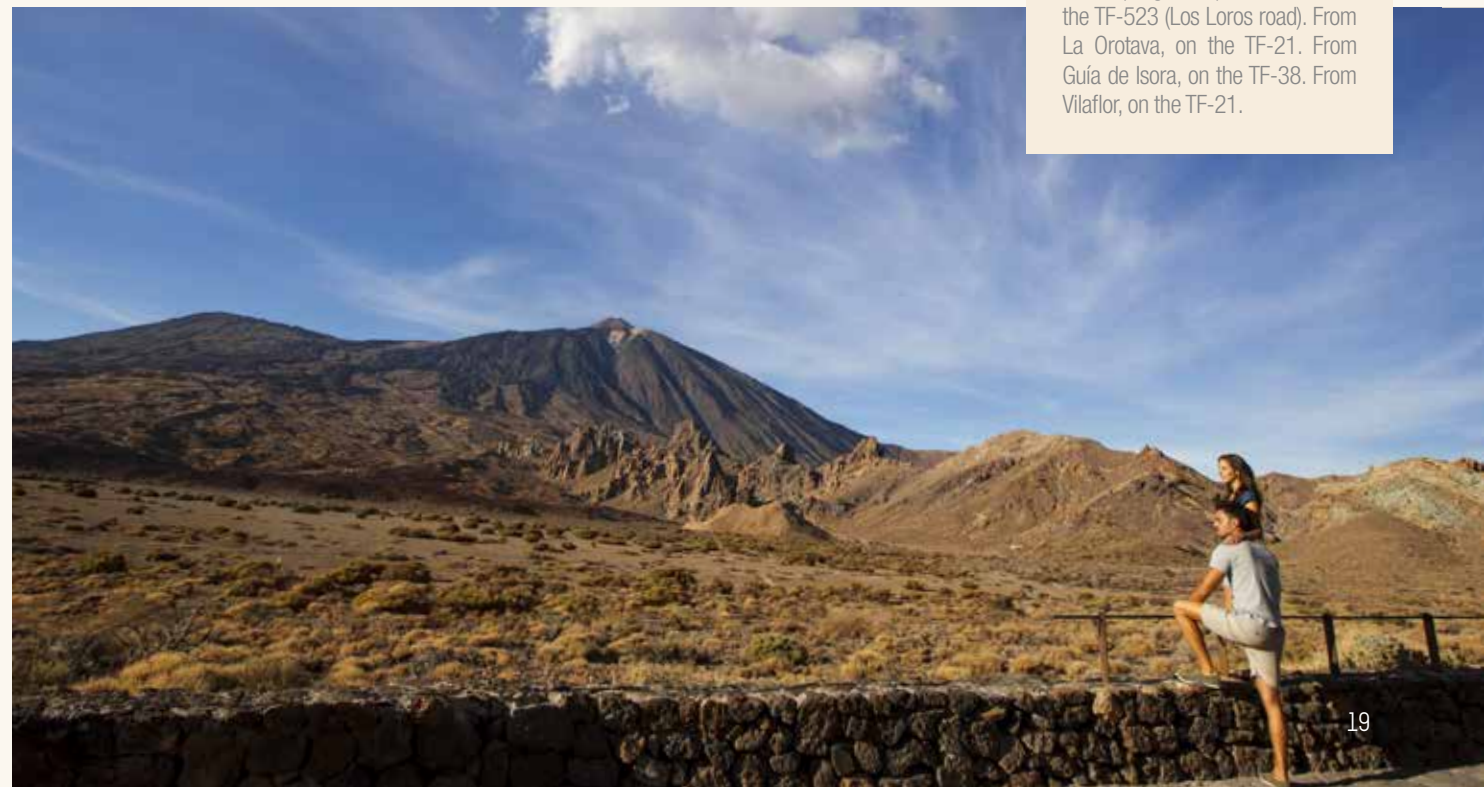
Wandering through ancient forests, flying over breath-taking landscapes, getting lost on your bike in the luxuriance whilst your eyes gaze out over the blue ocean... Everything is possible in the forest area surrounding the Teide National Park. This is the largest protected area in the Canary Islands, a refuge for the best examples of pine groves and high mountain plant life in Tenerife. Many of the impressive ravines that cut through the island start off here. Do not miss the chance to visit and, above all, fully enjoy the infinite possibilities of the area.

HOW TO GET THERE:

Bus (Guagua):

From Costa Adeje, line 342.
From Puerto de la Cruz, line 348.
From Guía de Isora, line 492.

Car: From La Esperanza, on the TF-24 (Ridge road). From Arafo, on the TF-523 (Los Loros road). From La Orotava, on the TF-21. From Guía de Isora, on the TF-38. From Vilaflor, on the TF-21.



WHAT TO SEE:

The view out over the landscape of the huge forest cover from the many vantage points is amazing. If you are a geology expert, you won't want to miss the ravines, jagged volcanic chimneys or recent lava. The area is also home to a ravine with a running water (in El Río, Arico) and two dry gorges: Las Dehesas and Los Pelados. Traditional agricultural activities have been maintained here and, linked to these, rustic huts for tools and traditional wine cellars. You may well hear how the locals spend much of their free time inside eating, chatting, singing and, of course, tasting the local wine that is stored there. You are also recommended to head to unique spots such as Paisaje Lunar (Lunar Landscape) in the Granadilla hills and Cuevas Negras to the north of Pico Viejo.

The entire Nature Reserve boasts one of the best forest covers in the Canary Islands. The “fireproof” Canary pine predominates although there are also good examples of other types of flora such as heather and myrtle woodland and even some evergreen laurel forest strongholds that can be found in the Badajoz Ravine, in the Guímar Valley. In the highest areas, above 2,000m, you will see high-mountain scrubland similar to that found in the Teide National Park. In addition, it is quite common to come across chestnut, eucalyptus or cypress trees in different spots. The entire nature reserve, especially on the south and north sides, is home to many threatened and protected species.

In terms of fauna, the largest group again comprises invertebrates with a large number of species, many of which are indigenous. Bird also love to live in the Park. You will be able to spot 37 nesting species, in addition to other migratory species and occasional visitors (the “tourists” of the bird world). Some bird species exclusive to the archipelago can be spotted in the area including the Teide blue chaffinch and the Canary Islands chiffchaff. The more commonly spotted birds include the sparrowhawk and the kestrel. Although reptiles may not be your thing, you might fancy seeing them up-close since the Park is home to 3 of the 4 indigenous species (the skink, the gecko and the Tenerife lizard). As for mammals, a highlight is the presence of bats, many indigenous, that live in the numerous caves or lava tubes in the area. Lastly, species introduced to the island include the rabbit and the Corsican mouflon. The first can be easily spotted whilst the second is extremely shy.



WHAT TO DO:

There are almost endless possibilities. For starters, we have provided an option “menu” for you to decide and, later on, we offer you details on where to head for an adventure. The Corona Forestal Nature Reserve offers you the chance to go hang gliding, biking, climbing, horse riding, potholing, camping... You can do these activities under your own steam or through a company; they are listed in the nature activities section. If after all this you still have enough energy for some adrenalin thrills, we recommend zip lining into the void on the largest run in the Canary Islands. This is located at:

Forestal Park

Ctra. TF-24 Km 16, Las Lagunetas.
Tel.: 0034 902 091 471
Web: www.forestalpark.com/tenerife

For those who prefer a more relaxed day out, there are different leisure areas such as the campsites in Madre del Agua (in the municipality of Granadilla de Abona), Arenas Negras (Garachico), Contador (in the hills of Arico) and Chanajiga (hills of Los Realejos) where you can cook outdoors, stroll around or simply relax in the shade of a tree and enjoy the peaceful sounds of nature.

Activities
in nature



www.webtenerife.co.uk/what-to-do/sports/



3 RURAL PARK ANAGA

Despite being just a few minutes by car from the capital (Santa Cruz de Tenerife), Anaga has managed to outstandingly preserve its natural elements. Sorry to disappoint but you would not be the first to fall under the spell of the outstanding rugged mountain range of cropped peaks. The deep valleys and ravines run down to the ocean and form many beaches where you can take a refreshing dip. The area is also home to plenty of indigenous flora and fauna.

HOW TO GET THERE:

Bus (Guagua): From Santa Cruz, lines 945, 946 and 947. From La Laguna, lines 076, 077, 273, 274 and 275.

Car: From La Laguna, on the TF-12 linking La Laguna with El Bailadero and San Andrés.



WHAT TO SEE:

The mountain view is magnificent although you should not miss the vistas from some of the charming black sand coves that dot the coastline (such as Benijo). If just gazing out over them is a pleasure, walking barefoot on the volcanic sand and taking a dip in the crystal-clear waters triggers a flood of sensations that are hard to describe. Please be aware that currents are strong on these beaches and there are no lifeguards. Another highlight to the area's backdrop is the geological formations such as rocks (former volcanic pipes), dykes (cracks filled with solidified magma that you will see as "walls" in the middle of the landscape), the cliff faces and the sheer ravines. Another unforgettable element is undoubtedly the cloud bank. If you are lucky enough to get to a vantage point and spot it below your feet, you will find it hard to resist diving into the fluffy bed of clouds.

One of the Park's jewels is in the highest area. Here you will find the best example of Laurel forest in Tenerife. It is nothing less than a living fossil, a relic survive over 40 million years. The Mediterranean basin was covered by this type of forest until the ice sheets wiped them out. Walking amongst the twisted moss-

filled trunks in this rainforest is like walking with living botanical dinosaurs. And if this was not enough, the Anaga Massif is one of the oldest geological areas in Tenerife which, alongside the different altitudes, climate and soil, offers a huge biological diversity despite its relatively small size. Nearly all the island's ecosystems can be seen here except for the high mountain system. This means there is coastal plant life, areas of spurge and cacti, and Canary palm trees.

The fauna is just as rich and diverse as the flora. The main stars here are invertebrates and it would be a mistake to let the over 95 unique species in the world living here pass you by. Bird species include the emblematic Cory's shearwater, kestrels, owls or laurel and Bolle's pigeons (both considered living relics and indigenous to the Canary Islands). In fact, the abundance of birdlife has led to Anaga being declared a Special Protection Area for Birds. All information you may need for bird spotting is below. There is also an important example of marine fauna, including the 'chucho' (a type of stingray), the Canary hake, the parrotfish or an indigenous eel in danger of extinction.





WHAT TO TAKE:

This always depends on the activities you are going to do but, if you decide to head out on a hiking trail in the area, we recommend taking your mobile phone with you just in case of any accident or emergency, sun cream and hat to protect you from the sun, a jacket and a cagoule since the weather can also offer up the odd surprise, water and food to get your energy back, and of course sports footwear for problem-free walking in craggy areas. Lastly, an essential item: your swim suit. There is no better way to recover from a long walk than a refreshing dip in one of the many, generally deserted, coves in the area.



Activities
in nature

www.webtenerife.co.uk/what-to-do/sports/



WHAT TO DO:

We again recommend you start by choosing from the many options available in the Park: hiking, biking, horse riding... Without leaving the park but very near the capital, if you have a maritime spirit you might like to head out into the crystal-clear waters for a spot of sailing, delve into the depths on a day of diving, try out a bit of surfing, head out kayaking or try water skiing and wakeboarding. The nature activity pages have all the information you need on where to go to enjoy these sports.

There are several special protection areas in the Park where access is limited. To discover their secrets, please check the terms and conditions with the Tenerife Island Council's Environment Department on 00 34 922 843 097 or via e-mail coordinacionmam@tenerife.es.

If you would like a convenient spot from which to access all of the Park's activities, a good option for accommodation is the Albergue de Anaga

lodge. Located in the village of El Bailadero, the establishment is like a balcony overlooking both faces of the Anaga mountain range. It is just a short distance from the area's best beaches and is equipped with all the amenities.

Albergue Montes de Anaga

Carretera El Bailadero - Chamorga, 38125
Santa Cruz de Tenerife
Tel. 00 34 922 823 225
www.alberguestenerife.net

Aimed at research, conservation, promotion and development for the Park, the Cruz del Carmen Visitor Centre is also worth a visit and organises special group tours.

Centro de Visitantes Cruz del Carmen

Ctra. Las Mercedes, Km. 6 - 38294
San Cristóbal de La Laguna
Tel. 00 34 922 63 35 76 - cvisitantes@tenerife.es
From Mon to Sun 09.30h-16.00h

4 RURAL PARK TENNO

One of the most beautiful natural areas on Tenerife has preserved its important ecological, landscape and cultural values thanks to its isolated location. When you see for yourself the highly complicated lay of the land, you will find it almost impossible to believe that the area was inhabited in the past. The variety is also surprising with laurel forests and marvellous to marvellous examples of traditional architecture.

HOW TO GET THERE:

Bus (Guagua): From Buenavista or Santiago del Teide, lines 355 and 366.

Car: From Buenavista on the TF-436 road Buenavista- Santiago del Teide. From Armeñime, on the TF-82 Icod de los Vinos-Armeñime.



WHAT TO SEE:

In the highest areas, those blessed by the trade winds (which are responsible for the island’s wonderful climate), there is laurel forest. Heading to the Monte del Agua, you can stroll through myrtle, Indian bay, holly and Canary madrone trees. The Park’s vegetation changes on the southern flank and you will feel like you are in another world despite having travelled just a few hundred metres. Highlights here include broom and spurges. On the slopes of the northern flank, the panorama changes again with large palm trees and magical dragon trees. One of the largest and best preserved examples of spurges and cacti on the island can be found in Teno, whose spectacular nature comes from the abundance and size of some examples. Just stand next to them to get an idea of how big they really are!

Teno is also a jewel thanks to its great biological diversity. It is a major refuge for some threatened species such as the laurel pigeons and indigenous lizards. The presence of species such as the fish eagle (the scarcest predator on the island) has led to the area being declared a special protection area for birds. Watching its majestic flight and hunting techniques is a true gift of nature.

WHAT TO DO:

Just getting here is an ‘activity’ in itself, since you will already have enjoyed some spectacular views en route. Once in the area, you cannot leave without doing some hiking, kayaking, paddle surfing, diving or biking. Everything you need to know can be found on the activity pages.

Although Tenerife’s deepest ravines are found in this area, it is clear that the first inhabitants of Masca had no problems with

vertigo, building their homesteads between impressive rock faces. This picturesque enclave is one of the best examples of the traditional architecture of the Canary Islands. Until just a few decades ago, it was practically cut off from the rest of the island due to the highly complicated travel links. This enabled it to be preserved. A great way to spend a day in this spot is to start by touring the unique buildings and then heading down the Masca ravine to the ocean. After a refreshing dip (the descent is hard and you need to be very careful), a boat picks up hikers and takes them back to land. If you do not feel like heading back to where you set out, we recommend booking a trip from one of the specialised companies. Bear in mind as well that if you go to Masca by car, you will need to return to pick it up. For further information on the companies offering this trip, please see the hiking section.

Maritima Acantilados
Tel.: 00 34 922 861 918
www.maritimaacantilados.com
reservas@maritimaacantilados.com

Agua Azul Tenerife
Boat: Masca Express
Tel. 00 34 922 860 896 (Pto. Santiago)
Tel. 00 34 922 862 120 (Pto. Santiago)
Tel. 00 34 922 867 049 (Los Gigantes)
Tel. 00 34 607 169 886 (Móvil)
www.fliperuno.com

Teno also has a hostel, in Bólico, if you want to enjoy a few days rest in this splendid spot on the island. It offers all services and you can get more information on trails, local products and handicrafts there.

Albergue de Bólico (barrio de Las Portelas)
Buenavista del Norte
Finca de Bolico. Las Portelas
Tel. 00 34 922 12 79 38
www.alberguebolico.com



Depending on the time of year you are here, Teno is home to surprising celebrations. Those held in different hamlets are linked to the end of the harvest season in September and October. The festivities in El Palmar stand out for their historical and cultural interest, and are renowned for the dances of Las Libreas and the special Tajaraste.

We recommend you contact the Buenavista tourist information office for further details.

WHAT TO TAKE:

Based on what you want to do (visiting populated areas, a tour by car, foot-paths, etc.), you should make sure to take appropriate equipment. For walking trips, which can be the most problematic, we always recommend you take your mobile phone with you just in case of any accident or emergency, sun cream and hat to protect you from the sun’s rays, a jacket and a cagoule just in case the weather suddenly turns (quite common in the area), water and food to get your energy back, and sports footwear. If you decide to head to the coast, do not forget your bathing suit. If you have booked an excursion with a boat trip, take something to help with sea sickness (if you are prone).



OTHER Protected AREAS

Acantilado de la Hondura

Municipality: Fasnia.
It hugs the ocean along a length of 2,500, and stands at an imposing height of 30 metres. Lava flows and pyroclasts overgrown with vegetation give it a remote appearance. It is home to endangered species such as the “piña de mar” (*Atractylis preauxiana*).

Acantilados de Isorana

Municipalities: Adeje and Guía de Isora.
The steep cliffs tower over the ocean from a great height. This is a space of volcanic interest where you can see birds like the Bulwer’s petrel that use their inaccessible crags to create their nests.

Acantilados de la Culata

Municipalities: Garachico, El Tanque, Los Silos and Icod de los Vinos.
These rise up like genuine marine fossils. Enjoy their tropical forests and keep your eyes open in case you see a “cabezón” (*Cheirolophus arbutifolius*), a highly threatened species.

Barranco de Erques

Municipalities: Adeje and Guía de Isora.
You’ll find a steep ravine running longitudinally across this part of the island. The gorge contains an abundant fauna that has adapted to the environmental conditions.

Barranco de Fasnía y Güímar

Municipalities: Fasnia and Güímar.
You’ll see the typical landscape of the south of the island, and valuable flora growing in the rock cavities. Enjoy the pure air of the pine forest and discover the endemic species that inhabit it.

Barranco de Ruíz

Municipalities: San Juan de la Rambla and Los Realejos.
Explore its wonderful forests in transition between areas of cactus-spurge and laurel, and breathe that pure air deep into your lungs.

Barranco del Infierno

Municipality: Adeje.
Enjoy the spectacular watercourse rushing down its steep slopes in vast waterfalls over 150 metres high. Its walls are home to numerous endemic species. Access is only permitted to 300 people a day, so remember to reserve before you go. (www.barrancode-linfierno.es).

Caldera del Rey

Municipality: Adeje.
The intense green of the banana plantations inside it make an impressive sight. You’ll see the remains of caves that served as dwellings are the people who farmed the area. (private access)

Campeches, Tigaiga y Ruíz

Municipalities: Los Realejos and San Juan de la Rambla.
Laurel communities and tropical forests can be found alongside farmlands and agricultural dwellings. Palms, tamarisks and bugloss are among the species you’ll see on your visit. (private access)

Chinyero

Municipalities: Santiago del Teide, El Tanque and Garachico.
You’ll have a detailed view of the history of volcanic activity in the Canary Islands. At a height of 1,560 metres, the Chinyero volcano combines brilliant green vegetation with convoluted black lava.

Costa de Acentejo

Municipalities: La Orotava, Santa Úrsula, La Victoria, La Matanza, El Sauzal and Tacoronte.
The coast is interrupted by a succession of vast cliffs. Come and enjoy the numerous surprising species of protected flora y fauna.

El Pijaral

Municipality: Santa Cruz de Tenerife.
This is one of the finest examples of laurel forests in Tenerife. Its remote landscape is punctuated by the spectacular sight of the Anambro and Chinobre rocks. You’ll need to obtain prior authorisation to enjoy this natural wonder: (http://www.tenerife.es/wps/PA_1_CD5HDFH20GDU20IQT-35B584U84/documentos/2331/031AutorizaSenderoPijaral.pdf).

Ifonche

Municipalities: Adeje and Vilaflor.
The scattered farmsteads and terraced farmlands offer a contrast to the wild natural landscapes.

Ijuana

Municipality: Santa Cruz de Tenerife.
Access is not easy, but it is well worth the effort to enjoy the natural landscape in an impeccable state of conservation. You need to request authorisation to access this unique and special route: (http://www.tenerife.es/wps/PA_1_CD5HDFH20GDU20IQT-35B584U84/documentos/1730/030AutorizaSenderoAguirre.pdf).

Interián

Municipalities: Garachico, Los Silos and El Tanque.
You’ll be rewarded with impressive views over the northern coast of the island. It’s well worth taking a walk along this steep cliff to see all the curious tropical plant species.

La Caleta. Bay

Municipality: Adeje.
You can enjoy the sight of this spectacular cliff while you take a dip in a lovely bay. The area is home to numerous protected birds.

La Resbala

Municipality: La Orotava.
You’ll see wild euphorbia, chestnut trees and eucalyptus. And you’re quite likely to see seagulls or pigeons that are endemic to the laurel forest; the laurel pigeon and the Bolle’s pigeon.

Las Lagunetas

Municipalities: El Rosario, Candelaria, El Sauzal, La Matanza, La Victoria, Santa Úrsula and Tacoronte.
You’ll find a forest of gentle slopes and deep gorges. The lush vegetation will envelop you in its moistness, a result of the action of the trade winds.

Las Palomas

Municipalities: Santa Úrsula and La Victoria.
Inside Las Lagunetas you’ll find a dense forests with a combination of wax myrtle and laurel formations. Enjoy the greenery produced by the moisture from the Atlantic clinging to the leaves.

Los Deriscaderos

Municipality: Granadilla de Abona.
Several gorges converge in this volcanic area which is of great scientific, geological and geomorphological interest. The light shades of the pumice stone are all aligned to form a wide variety of shapes.

Malpaís de Güímar

Municipality: Güímar.
This is a landscape from another world. The lava is contorted to form amazing shapes and create a genuine biological and geographic treasure. You’ll find one of the best examples of spurge and cactus formations on the islands, and some endemic fauna. Don’t miss Montaña Grande with its spectacular deep reddish colour and the perfectly conserved former salt flats.



Malpaís de Rasca

Municipality: Arona.

You'll see arid lava that creates badlands such as you might find on distant planets, and a number of endemic species. You can breathe in the unique aroma of Canary Island incense, in one of its best examples.

Montaña Amarilla

Municipality: San Miguel de Abona.

You'll find perfectly aligned volcanoes and a yellow mountain created thanks to an underwater volcanic eruption. There is an abundance of euphorbia, "piña de mar" and "lechuga de mar" in the sea. The area tends to be overflowed by kestrels and warblers.

Montaña Centinela

Municipality: Arico.

This is a volcanic cone that rises up out of the typical landscape in the south of the island. The lava from old eruptions give everything a characteristic colourful touch.

Montaña Colorada

Municipalities: Granadilla de Abona and Vilaflor.

The series of volcanic edifices has been overgrown by vegetation creating a beautiful interplay of contrasts. You can see the old crater of Lomo Simón which has now been exposed after 500,000 years.

Montaña Guaza

Municipality: Arona.

The predominance of volcanic landscapes in this area makes it exceptionally important from a geological and scenic point of view. You can walk among caves and ancient Guanche cemeteries. It stands 400 metres high and has two concentric craters, giving it an imposing appearance.

Montaña de los Frailes

Municipality: Los Realejos.

This is a small volcanic cone dating from the 13th century. On the top stands a small shrine where the Fiesta de la Cruz is celebrated with great fervour every year on May 3.

Montaña de Tejina

Municipality: Guía de Isora.

This natural monument has been created by superimposed lava flows. It is delimited on both sides by the deep gorges of Guaria and Cuéscara, forming the boundaries of hotspot for nesting birds and curious plants.

Montaña Pelada

Municipality: Granadilla de Abona.

This is a volcanic cone produced by an ancient underwater eruption. You can marvel at all the fauna that have adapted to live in this sandy terrain. You'll be amazed at the fossil dune, where you can see how the sea levels have fluctuated with the passage of time.

Montaña Roja

Municipality: Granadilla de Abona.

The sands and wetlands make this area a unique site, and home to various protected birds. The Montaña Roja volcano is the remains of an old coastal eruption which became totally merged with the coastline.

Montaña de Ifara y Los Riscos

Municipality: Granadilla de Abona.

There are two volcanic cones in this area; Ifara and Los Riscos. If you gaze at the sky you'll see birds flying to and fro, and if you look down at the ground you may spot a curious longhorn beetle.

Pinoleris

Municipality: La Orotava.

Within the protected landscape of La Resbala you'll find this marvellous corner full of plants that growing in crevices between hard rocks, and protected species such as the lovely bugloss or mint.

Rambla de Castro

Municipality: Los Realejos.

You won't know where to look, with so many lush palm groves, dragos and spurge rising majestically above the sea. Take a walk in this area while curious birds such as the Cory's shearwater fly overhead.

Roque de Garachico

Municipality: San Miguel de Abona.

The town of Garachico owes its special character to the constant presence of this rock. A common sight is the nests of numerous threatened species such as the little shearwater and the Bulwer's petrel, along with other migratory birds.

Roque de Jama

Municipality: San Miguel de Abona.

This beautiful structure is covered in plants growing in the crevices in the rocks.

Roques de Anaga

Municipality: Santa Cruz de Tenerife.

They rise out of the middle of the ocean, and are lapped by the waves of the Atlantic. Both the Roque de Tierra and the Roque de Fuera are among the most characteristic and best-known ecological systems in the Canary Islands. Accessible only from the sea, their domains contain species unknown in any other part of the world.

Siete Lomas

Municipalities: Güímar, Candelaria and Arafo.

This is a highly valuable landscape shaped by the lava flowing from the Arafo volcano. The inaccessible ridges and the floors of gorges are used as a refuge by threatened species.

Tabaibal del Porís

Municipality: Arico.

The steep convoluted lava creates a landscape with a unique and arid beauty. You'll enjoy the contrast of the blue ocean, the cliffs and the small gravel beaches.



Visit our website
for more information

www.webtenerife.com

LOOKOUT POINTS

Altos de Baracán lookout point

You'll think this lookout point has a life of its own. It is located right on the summit and you'll see the contrast between north and south. You'll enjoy a panoramic view of the Los Carrizales gorge, the El Palmar mountain and its spectacular valley.

Archipenque lookout point

You'll be rewarded with magnificent views over the Los Gigantes cliff. Don't miss the opportunity to see one of the spectacular sunsets, where the silhouette of the neighbouring island of La Gomera is outlined against the sky.

Ayosa lookout point

Hidden among leafy vegetation and located at an altitude of 2,000 metres, it offers views over the Orotava valley, the La Madre gorge and the pine forest in the highlands of Aguamansa. In the background you'll see Mount Teide and a little further, the island of La Palma.

Chivisaya lookout point

Immerse yourself in a landscape from bygone times, contemplating the Güimar valley and its three protected natural spaces: Malpaís de Güimar, Siete Lomas and Corona Forestal.

Cruz de Hilda lookout point

You'll find a hotel establishment from whose roof you can see a panoramic view of the Masca farmstead and its spectacular gorge. There are breathtaking views over farmlands, palm groves and broom and cactus shrubland.

Cruz del Carmen lookout point

You'll be rewarded with a spectacular view over the island. You'll see the valley and city of La Laguna, a UNESCO World Heritage site. In the background you'll be able to make out the imposing silhouette of Mount Teide.

Cumbres del Norte or Chipeque lookout point

You'll gaze out over the intense greenery of the Orotava valley in all its splendour. If the spectacular sea of clouds prevents you from seeing it, you only need raise your eyes to see the unchanging image of Mount Teide.

El Boquerón lookout point

You'll have a wonderful view over the whole of the farming area of Valle Guerra, Mesa de Tejina, Tejina, Tegueste, and the Anaga massif, the Roques del Boquerón, and the Punta del Hidalgo and its impassive lighthouse.

El Guincho lookout point

You'll enjoy a panoramic view of Garachico and its steep coastline, and you'll make out the Roque, the El Guincho cliffs and the new marina and fishing port.

El Lance lookout point

You'll be greeted by amazing views over the Orotava valley, dominated by the bronze sculpture of the Mencey Bentor, the Guanche king who chose to leap to his death rather than being taken prisoner by Castilian troops during the conquest.

Humboldt lookout point

The Orotava valley unfolds majestically before you. You'll be able to make out the volcanoes of El Fraile and Las Arenas from amid the lush greenery, and towering overhead, Mount Teide.

Jardina lookout point

You'll see beautiful views over La Laguna. On a clear day you'll see the ever-present Mount Teide in the distance, as well as endless farmlands and small villages surrounded by lush vegetation.

La Centinela lookout point

Here you'll be able to enjoy beautiful views stretching from San Miguel to the Roque del Conde, and discover the numerous volcanic structures scattered throughout the landscape.

La Corona lookout point

This is one of the most spectacular spots on the island. You'll make out the Orotava valley and the fertile northwest area. Look around you for a bird's eye view.

La Crucita lookout point

This is a natural balcony from which you can almost reach out and touch the Pedro Gil caldera with your hand. You'll see the volcanoes of Arafo and Arenas rising before you. Below like a mantle of dry lava, you'll see the Güimar valley, and in the distance, the island of Gran Canaria outlined against the sky.



LOOKOUT POINTS MAP

If you would like to know more about the island's vantage points and enjoy the views, you can check other destinations in the tourist information offices or on the Tenerife tourist map.

La Garañona lookout point

You'll find exceptional views over the cliffs on the Acentejo coastline and Garañona beach. It is accessible and very well signposted.

La Grimona lookout point

From here you'll see the coastline at the Punta del Guindaste and the basin that extends from Acentejo to Isla Baja. Don't forget to take a walk along the Socorro beach, which you can see clearly from this point.

Lomo Molino lookout point

You'll be rewarded with unique views over the Caleta de Interián, the Roque de Garachico and the Isla Baja. And on a clear day you can also see Mount Teide and the island of La Palma.

Los Campitos lookout point

This is the best place to see the capital of Tenerife. Before you you'll see the summits of Anaga on the left, the steep walls of the Muelle Norte and further to the right the area of Cabo Llanos with all the architectural majesty of its emblematic buildings like the Auditorium and the Exhibition Site.

Mataznos lookout point

You'll see a broad view over the Orotava valley and enjoy marvellous views from El Rincón to the slope of Tigaiga, and to cap it off, the ever-present Mount Teide.

Montaña Colorada lookout point

Located within the Corona Forestal Nature Reserve, you'll be overwhelmed by the views of the southern pine forest. You'll see the spectacular sight of Montaña Bermeja and the Arafo slopes.

Montaña Grande lookout point

You'll see beautiful views over Santa Cruz, the farmlands of El Rosario and the craggy Anaga mountains. To the south lies the imposing Malpaís de Güímar.

Ortuño lookout point

You'll see amazing views of the National Park and the northwest of the island. On clear days you can also see the island of La Palma. But the real spectacle is the sea of clouds that will be forever imprinted on your memory.

Pico del Inglés lookout point

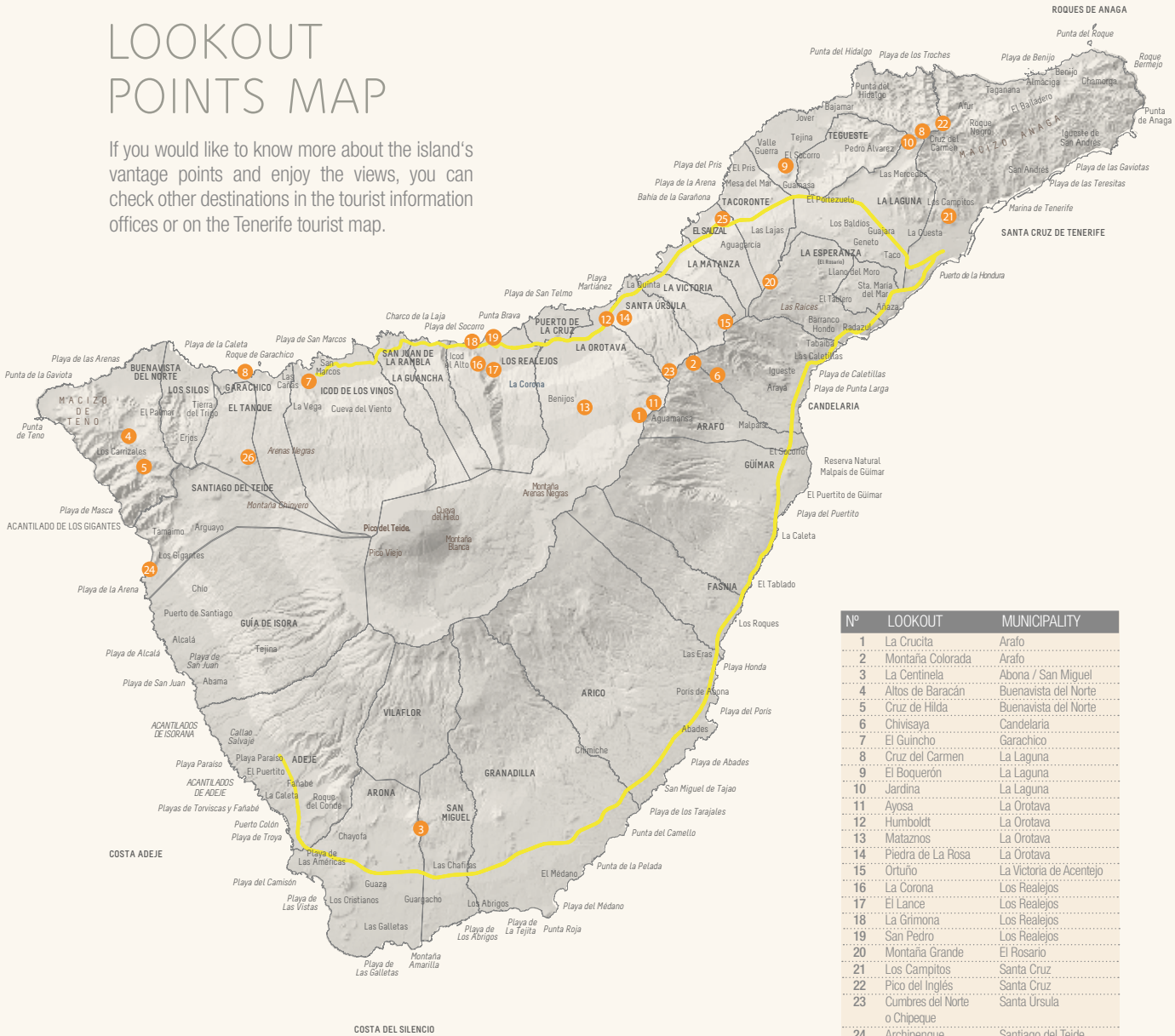
You'll find it excavated out of the rock itself. The views range from the Roques de Anaga to Santa Cruz. You'll see Mount Teide, the Tahodio gorge with its dam at the bottom, and the Afur gorge. In the background you'll see Santa Cruz and La Laguna. In the distance you'll be able to make out the Güímar valley and the ridge of Pedro Gil.

San Pedro lookout point

You'll be able to see the spectacular northern coastline beside the wonderful Rambla de Castro. Palm groves, banana plantations and well conserved ancient buildings will unfold before you.

Piedra de La Rosa lookout point

You'll be rewarded with two different views. One looking westwards towards the stately outline of Mount Teide and the silhouette of the island of La Palma, and on the other, the curious view of a rose carved out by the fanciful lava.



Nº	LOOKOUT	MUNICIPALITY
1	La Crucita	Arafo
2	Montaña Colorada	Arafo
3	La Centinela	Abona / San Miguel
4	Altos de Baracán	Buenavista del Norte
5	Cruz de Hilda	Buenavista del Norte
6	Chivisaya	Candelaria
7	El Guincho	Garachico
8	Cruz del Carmen	La Laguna
9	El Boquerón	La Laguna
10	Jardina	La Laguna
11	Ayosa	La Orotava
12	Humboldt	La Orotava
13	Mataznos	La Orotava
14	Piedra de La Rosa	La Orotava
15	Ortuño	La Victoria de Acentejo
16	La Corona	Los Realejos
17	El Lance	Los Realejos
18	La Grimona	Los Realejos
19	San Pedro	Los Realejos
20	Montaña Grande	El Rosario
21	Los Campitos	Santa Cruz
22	Pico del Inglés	Santa Cruz
23	Cumbres del Norte o Chipeque	Santa Ursula
24	Archipenque	Santiago del Teide
25	La Garañona	El Sauzal
26	Lomo Molino	El Tanque



Natural medicine.

Locals from the area would use spurge sap in the past to reduce inflammation and strengthen gums. Aboriginals would use elephant cactus sap for a fishing technique known as 'intoxication' where it would be diluted in ponds and act as a toxin that would make fish drowsy, making it easy to capture them by hand.



UNIQUE SPECIES

TENERIFE'S Flora and fauna

Being the highest and largest island, Tenerife is home to the widest biological diversity in the Canary Islands. You may find this hard to believe but this piece of land is home to over 800 species of unique flora and fauna in the world. Bear in mind that although the Canary Islands only comprise 1.5% of Spanish territory, they are home to over half the country's indigenous species. Impressive, wouldn't you say?

Something that always surprises visitors is how the plant life changes radically over just a few hundred metres. This is due to the different altitudes that are able to create microclimates. In this sense, areas near the coast offer marvellous examples of spurge and cacti that transport us visually to exotic deserts and arid lands. Higher areas are home to a more Mediterranean plant life,

including thickets, thermophilic forests and large pine groves. You can stroll through these trees as well as savin juniper, wild olive and palm trees. With a bit of luck, you may come across a dragon tree, one of the great symbols of the Canary Islands. On the north shore, the trade winds increase the humidity and, therefore, the luxuriousness of the forests. You can also enjoy one of the most intense experiences available on the island in this area: walking through trees that are real living fossils. As you know, Canary laurel represents a type of vegetation that during the Tertiary Period covered vast areas of the Mediterranean basin until it disappeared several hundreds of thousands of years ago. Above the Monteverde (as this type of laurel forest is also known), we can see the Canary pine tree, especially in the south of the island.

What not to take?

Flora. Although it may be very tempting to pick some of our species, please remember that they are protected and it is completely forbidden.

FLORA

THE INDESTRUCTIBLE TREE

Over millennia, the continuous volcanic eruptions led to the Canary pine tree becoming highly resistant to fire. It is able to survive wildfires and, in this way, despite being burnt, the branches once again sprout in a short time. In just two years, there is barely any trace of what, in any other location, would be an environmental disaster.

THE ANCIENT DRAGO TREE

When talking about flora, we cannot forget to make a special mention of one of Tenerife's natural marvels: the Ancient Dragon Tree. It is located in the municipality of Icod de los Vinos and is a huge example of the dragon tree declared a National Monument in 1917. It is the largest and longest-living example known to be in existence, measures around 18 metres tall and has a twenty-metre circumference at the base of the trunk. This dragon tree has been widely discussed with some stating it could be over five thousand years old. However, recent estimates point to it being between 800 and 1,000 years old. In any case, just like a diva, it will not reveal its best kept secret.

Parque del Drago

Pza. de la Constitución, 1 (Casa de los Cáceres) 38430
Icod de los Vinos
Tel. 00 34 922 814 510
www.icoddelosvinos.es/el-drago-milenario/



The fauna on Tenerife is similar, as on the other islands, to that found in North Africa and the south of Europe. Nonetheless, it does have a distinguishing feature: the large amount of indigenous species; i.e. unique species in the world. This is a direct effect of the genetic isolation that occurs when animals inhabit an island. The indigenous species are mainly concentrated in a few areas such as Teno, Anaga and Cañadas del Teide. Each level of vegetation often has its own type of animal life meaning it is possible to speak about cacti fauna, laurel forest fauna, pine grove fauna, etc.

In terms of invertebrates, there are no fewer than three thousand species. If we take into consideration that 40% of these are indigenous, the number is spectacular. This means

you should not go around killing 'bugs' however much you may dislike them. You could end up making a unique species extinct. Birds are also a highlight of the island's fauna. Tenerife has the privilege of welcoming over 200 species throughout the year. Some such as herons or ducks behave like tourists and come to the island in search of a good weather on their migratory journeys. Others, such as the laurel pigeon, Bolle's pigeon and the blue chaffinch are unique species and live in the Canary Islands year-round. On the coast, Cory's shearwater or the fish eagle also delight fans of 'binocular safaris'. Permission may be required to go bird spotting. We recommend you go spotting through specialised companies which can also provide you with information on the best places to see these creatures.



GASTRONOMY AND WINE

FARMER'S MARKETS

Many island municipalities hold farmer's markets where you can find and/or taste typical produce. A visit is a complete delight for the senses (especially taste, as you can probably imagine).

Ask in the Tourist Information Offices for more information.

Better add another hole to your belt as the variety in climate and landscape on the island is also reflected in its delicious cuisine, with dishes that are simple yet delicious and made from local produce. There is an abundance of fruit, a lot that is tropical, vegetables, with some exotic varieties in the eyes of non-locals, fresh fish, meat and potatoes. Potatoes with the most international of Canary Island sauces, mojo (red or green) are a must-try. Another star dish is Canary 'puchero' goulash, a broth made with different vegetables and meat that is believed to be one of the most nutritious and healthiest dishes in Spanish cuisine. A dish that dates to the islands' original inhabitants is gofio. This toasted maize flour is eaten by locals with almost everything, from milk to fruits, to 'puchero'

and lentils. Do not be surprised if it is served to you in one of the old metal biscuit tins. This means that you are in an authentic place with homemade fare. Cheese also has its special place at the table. Served on its own or with 'mojo', it is one of the most typical starters. Recently, some of Tenerife's cheeses have won international awards. Of course, Tenerife also has a wide selection of fish: red sea bream, hake, parrot fish, tuna, sardines, grouper... Tasting them by the ocean is an essential experience on your visit. As always, there is space for dessert; here you have a very special natural choice: honey. There are some unique varieties on the island as they are made from indigenous bees and flowers. An outstanding example is the Teide broom honey.

FARMER'S MARKETS

Agromercado de Adeje

Adeje, Calle Archajara s/n
Tel. 00 34 922 75 62 00
www.adeje.es/agromercado
Wed. 15.00-19.00.
Sat. and Sun. 08.00-14.00

Mercadillo y Mercado agro-tradicional de Playa San Juan

Guía de Isora, Plaza de la Iglesia,
Paseo El Bufadero, Playa San Juan
www.guiadeisora.travel/turismo/que-hacer/compras-y-artesanias
Wed. 09.00-14.00

Mercado del agricultor de San Miguel

San Miguel de Abona.
C/ Modesto Hernández González, s/n
Ctra. Polígono Industrial Las Chafiras
Tel. 00 34 922 16 73 71
www.mercadosdelagricultor.com
mercadosdelagricultor@sanmigueldeabona.org
Wed. 16.00-20.00.
Sat. and Sun. 08.00-14.00

Mercado del agricultor de Arafo

Arafo, Plaza. José Antonio
Tel. 00 34 922 51 17 11
www.arrafo.es
Thu. 8.00-12.00

Mercado del agricultor de Arico

Arico, Plaza del Poris, s/n, Poris de Abona
Tel. 00 34 922 76 82 42
www.agrocabildo.org/guia_servicios_detalle.asp?id=18&tipo=A
alcaldia.arico@cabtfe.es
agricultura_arico@hotmail.com
Sun. 08.00-13.00

Mercado del agricultor de Candelaria

Candelaria, Avda. de la Constitución, s/n
(frente parking Ayto)
Tel. 00 34 922 50 50 14
Tel. 00 34 922 50 52 13
www.candelaria.es
Wed. 8.00-14.00 (al lado del Ayto);
Sat. 9.00-14.00 (Plza. C.C. de Punta Larga)

Mercado del agricultor de El Médano

Granadilla de Abona
Plaza El Médano
Tel. 00 34 922 75 81 11
www.granadilladeabona.org
aedl@granadilladeabona.org
Wed. 09.00-14.00

Mercado del agricultor de El Palmar

Buenavista del Norte.
Finca Los Pedregales.
Ctra. de acceso a Teno Alto,
TF-436 km. 6. El Palmar
Tel. 00 34 922 1290 30 (Ext. 140/141/142)
www.mercadosdelagricultor.com
aedl@buenavistadelnorte.com
Sun. 09.30-13.30

Mercado del agricultor de Granadilla de Abona

Plaza González Mena
Granadilla de Abona
Tel. 00 34 922 75 99 00
www.granadilladeabona.org
aedl@granadilladeabona.org
Thu. 09.00-14.00

Mercado del agricultor de La Laguna

San Cristóbal de La Laguna, Plaza del Cristo (Nombre Popular)
Plaza San Francisco, s/n
Tel. 00 34 922 25 39 03
www.aytolalaguna.es
mercadolalaguna@hotmail.es
Mon. to Sun. from 07.00 to 14.00
Thu. 17.00-20.00.

Mercado del agricultor de La Matanza

Matanza de Acentejo (La).
Ctra. General del Norte, TF-217 s/n
Tel. 00 34 922 57 71 20 / Ext. 311 - 312
www.mercadillodelamatanza.com
sociedaddesarrollo@matanceros.com
Sat. - Sun. 09.00-15.00

Mercado del agricultor de La Orotava

Orotava (La). Junto al Centro de Usos Múltiples de La Torrita
Tel. 00 34 922 32 32 16
www.villadelaorotava.org
alcaldia@villadelaorotava.org
Sat. and Sun. 08.30-13.30

Mercado del agricultor de La Victoria

Victoria de Acentejo (La)
C/ Añate, s/n
Tel. 00 34 922 58 00 31

Mercado del agricultor de Los Realejos

Realejos (Los). Crta. Vieja de San Benito.
Finca el Llano, s/n, Realejo Alto
Tel. 00 34 922 34 62 34
www.aytorealejos.es
agricultura@ayto-realejos.es
Sat. and Sun. 09.00-14.00

Mercado del agricultor de Ravelo

Sauzal (El). C/ Hoya de la Viuda, 14
Tel. 00 34 608 29 04 48
agricultura@elsauzal.es
Fri. 8.00-15.00;
Sat. and Sun. 08.00-14.00.
Summer; from 4 July to 7 September
Sun. 08.00-14.00.

Mercado del agricultor de San Isidro

Granadilla de Abona.
Ctra. Granadilla de Abona,
TF-64 km. 7.5
Tel. 00 34 922 77 04 31
www.mercadosdelagricultor.com
mercadosdelagricultor@granadilladeabona.org
Sat. and Sun. 08.00-14.00

Mercado del agricultor de Santa Úrsula

Santa Úrsula. Ctra. España, 2
Tel. 00 34 922 30 16 40
www.santaursula.es
Sat. 08.00-13.00

Mercado del agricultor de Tegueste

Tegueste. C/ Asuncionistas, 6
Tel. 00 34 922 54 23 05
mercadillodetegueste.es/
mercadillodetegueste@yahoo.es
Sat. and Sun. 08.00-14.00

Casa del Vino

Autopista general del Norte, Km 21
C/ San Simón, 49.
38360 El Sauzal
Tel. 00 34 922 572 535/42
www.casadelvinotenerife.com

Bodegas Monje

Camino Cruz de Leandro, 36
38359 El Sauzal
Tel. 00 34 922 585 027
www.bodegasmonje.com

Bodegas Insulares de Tenerife

C/ Vereda del Medio, 8B
38350 Tacoronte
Tel. 00 34 922 570 617
www.bodegasinsulares.es

Bodega Frontos

Lomo Grande, 1. Los Blanquitos.
38594 Granadilla de Abona
Tel. 00 34 922 777 253
www.tierradefrontos.com

Bodega El Lomo

Crta. El Lomo nº 18.
38280 Tegueste
Tel. 00 34 922 545 254
www.bodegaellomo.com

Bodega La Hijueta

Camino Azocas, 10. Machado
38003 El Rosario
Tel. 00 34 696 050 759
www.bodegalahijueta.com

Bodega Comarcal Valle de Güímar

Carretera Los Loros km 4,5.
38500 Arafo
Tel. 00 34 922 51 30 55
www.bodegavalledeguimar.com



GRAPE & vineyards

For many centuries vines have also been one of the island's mainstays. Vines came to Tenerife with the first Europeans (15th century) and since then have become a main feature in agriculture. There are five designations of origin in Tenerife: Tacoronte-Acentejo, Ycoden- Daute-Isora, Valle de La Orotava, Valle de Güímar and Abona. A highlight is the wine made from Malvasia grape. It was in constant demand in the 16th and 17th centuries in some parts

of Europe and the main royal households would regularly enjoy it. Even William Shakespeare praised the quality of Canary Malmsay in his work.

For all the information on the island's fine wines, head to the website <http://www.webtenerife.co.uk/about-tenerife/gastronomy/wines-of-tenerife/denominations-of-origin/> or stop by the Casa del Vino.

The authentic Tenerife gastronomy

Although you can find the most avant-garde restaurants in Tenerife, there is a deep-rooted tradition of good family-style spots with attractive prices. It is a local tradition to go out for Sunday lunch. Doing the same is easy: just take the car, get lost on one of the green B-roads and stop off when you come across a restaurant that takes your fancy. It's hard to get it wrong. These spots offer you the chance to savour traditional dishes.

We recommend you sate your taste buds with some good chickpeas, a rabbit in salmorejo, ribs with potatoes and corn on the cob (or "piña de millo" as it is known here), typical marinated pork, the tasty goat, a marvellous shredded beef in tomato sauce or a grilled fish with coriander mojo sauce (without doubt one of the simplest and tastiest recipes in Canary Island cuisine). All accompanied, of course, with some local wines.



Pastelería El Aderno

C/ La Alhóndiga, 8
38480 Buenavista del Norte
Tel. 00 34 922 127 368
www.eladerno.com

Pastelería Díaz

C/ San Salvador, 88
38108, La Laguna
Tel. 00 34 922 626 202
www.pasteleriadiaz.com

Agua de Niebla

C/ Tenor Alfredo Kraus.
La Laguna
Tel. 00 34 663 85 64 35
www.aguadeniebla.com

Buenum

Tel. 00 34 603 45 96 27
www.buenum.com

Lava, chocolate de canarias

C/ Mencey de Zebenzuy, 10
38108 Taco (La Laguna)
Tel. 00 34 822 011 847
www.chocolatedecanarias.es

Gofio La Molineta

C/ Núñez de La Peña, 61
La Laguna
Tel. 00 34 922 257 155
www.gofiolamolinet.es

Piedras del Teide

Calle Numancia, 18
38004 S/C de Tenerife
Tel. 00 34 922 277 728
www.lopezzecheto.com

Canarina

Camino San Ignacio, Tegueste
Tel. 00 34 922 636 902
info@chocolatescanarina.com
www.chocolatescanarina.com

Fundación Tenerife Rural

C/ San Simón, nº 49 (La Baranda)
38360. El Sauzal
Tel. 00 34 922 531 013
www.productosdetenerife.info



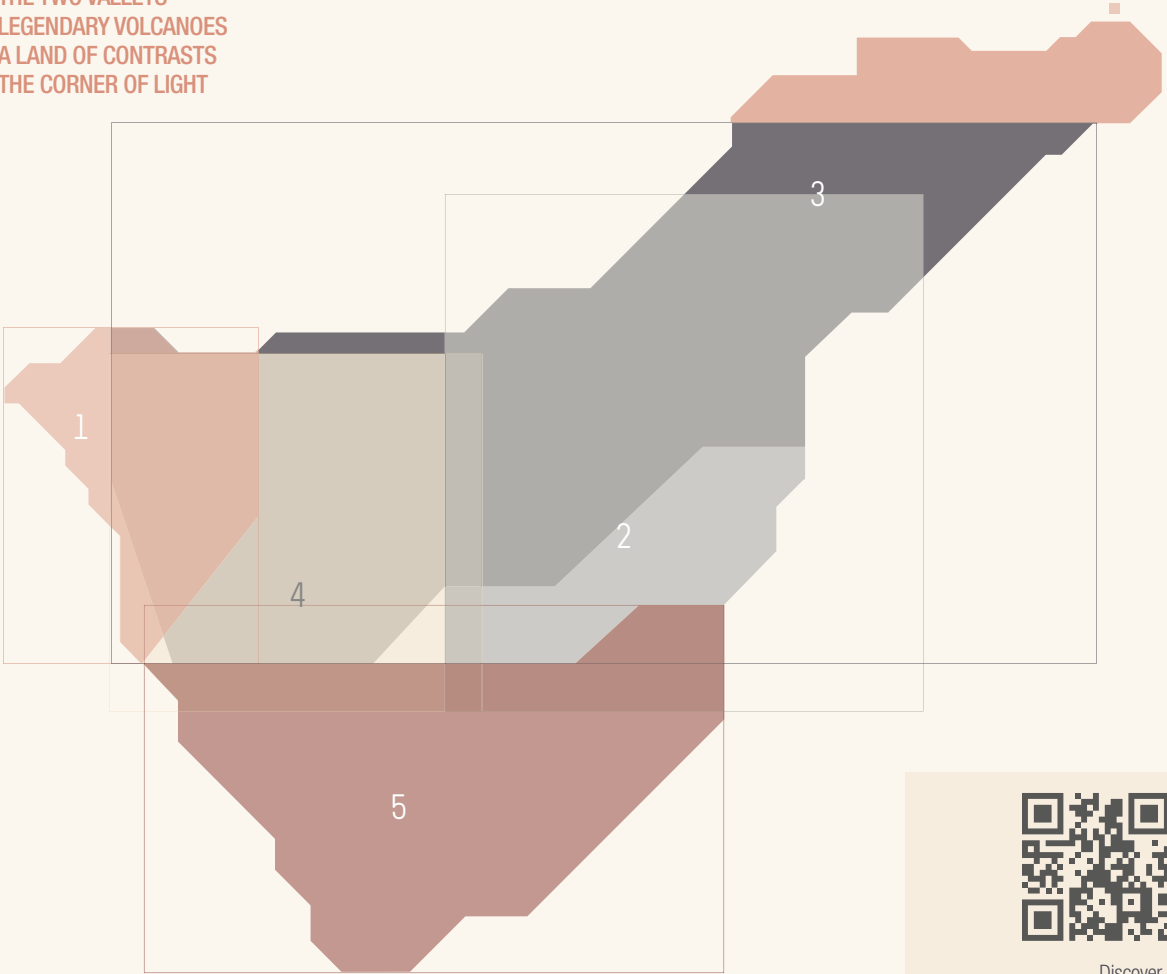
Where Volcanoes HIDE

Tenerife Natural

3

VOLCANIC TERRITORIES

- 1. THE OLD TERRITORY
- 2. THE TWO VALLEYS
- 3. LEGENDARY VOLCANOES
- 4. A LAND OF CONTRASTS
- 5. THE CORNER OF LIGHT



Discover
volcanic experiences

VOLCANIC HOLIDAYS

5 worlds in one

Volcanoes are the life-blood of Tenerife with proof being all around. The island offers you the chance to get up close to all the types volcanic displays in the world, with endless distinct landscapes. To uncover all this wealth, the island has been divided into 5 volcanic territories. Each has a unique identity and landscape, cuisine, leisure, active tourism and culture. This is the perfect excuse for hiking surrounded by lava, trying volcano-inspired dishes or peacefully diving in underwater craters. Decide what inspires you the most and head out on an adventure.



1 ANCIENT LAND

Here's where it all began.

This is the oldest part of the island, dating from over seven million years ago. Eruptions such as the Taco volcano have led to the gradual displacement of the La Culata cliffs inland. Sink your feet in the volcanic rock surrounding the code of El Palmar. And above all, you can marvel at the imposing Los Gigantes cliff, with 600 metres of rock silhouetted vertically against the ocean.

Don't miss:

- Go hiking through a laurel forest.
- Enjoy a dramatised route through the streets of Garachico.
- Take a plunge in pools of petrified lava.
- See cliffs towering over 600 metres high and watch whales and dolphins swimming near the coast.

Volcanic nature:

Discover the Teno Rural Park, a volcanic kingdom interspersed with cliffs, forests and farmsteads. Immerse yourself in the Teno massif, lose yourself among a laurel forest dating from the Tertiary era. You'll see an abundance of holly trees, laurel and Persea indica, in addition to moss and lichen.

The rainfall over the last five million years has carved out the ravines of Carrizales and Masca, making them the deepest in Tenerife. The beautiful red-tiled low houses in Masca are a fine example of rural Canary architecture.

Living among volcanoes:

Take a dramatised route and see how the town emerged from the ashes after the eruption of the Trevejo volcano which demolished it in 1706. Enjoy the Fuegos del Risco or "Risco fires", a dramatisation that takes place every five years, in which incandescent balls of fire are rolled down the mountainside.

The Route of the Traditions offers a tour of some of the island's most deeply-rooted customs. Los Silos, El Tanque, Buenavista and Santiago del Teide are also home to charming historical centres to enjoy. Another worthwhile event is the international storytelling festival in Los Silos, the Caprichos Músicales classical music concerts and the

Boreal Festival, which combines entertainment with environmental and marine awareness.

Take home a piece of volcanic nature by buying some of the lovely handcrafted products that are among the most popular products in the area.

Ocean, wind, land:

You have numerous options to enjoy the outdoors. If you like hiking, you'll find routes that will take you into incredible natural spaces.

If you enjoy cycle touring, you'll be able to choose from a wide variety of circuits, and paragliders can enjoy some of the best take-off points in this part of the island.

Whale and dolphin spotting from Puerto de Los Gigantes is one of the island's star attractions and can be done any day of the year. Take an underwater immersion and swim among horse mackerel, sea bream, manta rays and starfish. Enjoy a dip in natural pools beside the sea. In Garachico, Los Silos, Santiago del Teide and Buenavista you'll find some of the best on the island.

Volcanic gastronomy:

Discover new flavours in the local restaurants and bars, where the most popular products are spices and cheeses.

Windows onto the volcanoes:

The views offered by the lookout points in this area will take your breath away, and give you a different idea of the landscape. You'll also gain an insight into the volcanic processes on each part of the island.



Activities in nature
[www.webtenerife.co.uk/
what-to-do/sports/](http://www.webtenerife.co.uk/what-to-do/sports/)



Whale and Dolphin watching
[www.webtenerife.co.uk/what-to-do/
nature/whale-and-dolphin-watching/](http://www.webtenerife.co.uk/what-to-do/nature/whale-and-dolphin-watching/)



Don't miss:

- Learn all about the history of the Güímar pyramids.
- Come and enjoy all the magic of the night of San Juan.
- Take a plunge in pools of petrified lava.
- Go hiking in spectacular landscapes or take a gentle stroll around La Orotava and Puerto de la Cruz.

2 The two VALLEYS

Born again from the ashes.

They once stood up to 5,000 m in height, until one day, the enormous mountains of volcanic material accumulated over many years came crashing down to form the wide valleys of La Orotava and Güímar, one towards the north and another towards the south of the island.

Except for their origin, the valleys are very different. The Orotava Valley has mild temperatures, a humid climate and various shades of green. In Güímar, to the south, the setting is much drier and more arid. There colour is predominantly ochre from the pumice and volcanic ash.

Thanks to the exports of its farm produce, important towns sprung up in the Orotava valley throughout history. In contrast, the houses in the south were linked to farmlands, which is why they are scattered around the area.

Volcanic nature:

Famous travellers have noted the beauty of the 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 the island, as can be seen from many of his works.

You'll be intrigued by the extensive displays of rough and crumpled lava. You'll find yourself in a landscape from another planet, and one that is home to plant species such as spurge and cacti, along with small animals such as the Berthelot's pipit and the Tenerife lizard.

You'll see numerous plantations of banana, papaya, avocado, potatoes, sugar cane and grape. These valleys are very fertile thanks to the galleries carved out of the rock. Due to the scarcity of water, the locals came up with a system to extract the water that trickled down through the mountains.

Living among volcanoes:

With the arrival of the summer solstice on June 23, the islanders come together around the bonfires of San Juan (Saint John's day). That night they celebrate their love of life in the company of their family and friends until the early hours of the morning.

The pilgrimages of La Orotava and Los Realejos are very famous, in which the participants dress up in the typical local costume. Small bands play traditional folk music, carts drawn by oxen parade

through the streets, and everyone samples the typical local products. Corpus Christi comes to La Orotava in June and the town becomes transformed. The streets are decorated with intricate tapestries of flowers and volcanic sand from the Teide National Park.

On July 16, the festivities of El Carmen are held in Puerto de la Cruz with the mass embarkation of the Virgin from the fishing wharf. Hundreds of small colourfully decorated boats accompany her on her festive journey along the coast of Santa Cruz. And the ancient pilgrimage of El Socorro is held in September in the Güímar Valley, with the traditional ascent and descent of the Virgin.

August 15 is the most important religious event of the year, the day of the Virgin of Candelaria, patron saint of the Canary Islands. The town of Candelaria fills with pilgrims come from all over the island.

Another way to enjoy the volcanoes is to stroll around the streets of the towns. In La Orotava head for 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. Los Realejos, Arafo and Güímar are also well worth a stroll to enjoy their historical buildings.

In the Pyramids Ethnographic Park in Güímar you'll see intriguing pyramid structures made of volcanic stone arranged astronomically, and a poisonous garden with over 70 plant species from all over the world.

Other experiences not to be missed are the Puerto de la Cruz Archaeology Museum with remains left by the island's first inhabitants, and the Las Miquelas Pottery Centre in Candelaria, with artisans working in clay in front of your eyes.

Ocean, wind, land:

Hiking is one of the favourite activities on the island for more adventurous visitors. You'll find steeped terrain for the more experienced and flat areas for those who prefer a more leisurely walk.

Activities in the seas such as scuba-diving or surfing are another fun option. There are routes for all levels of mountain bikers, and if you enjoy paragliding, you'll find some of the island's best launching points.

Volcanic gastronomy:

Enjoy the volcanic recommendations from the island's cuisine in any restaurant in the area, with meat, fresh fish, vegetables and "gofio" (toasted cornmeal), and the rich wines so characteristic of this part of the island.

Windows onto the volcanoes:

On your route, make a point of visiting some of the lookout points you'll find along the way, and you'll see the beauty of the landscape unfold before your eyes in all its splendour.



Hiking
[www.webtenerife.co.uk/
what-to-do/nature/hiking/](http://www.webtenerife.co.uk/what-to-do/nature/hiking/)



Water Sports
[www.webtenerife.co.uk/what-to-do/
sports/water/](http://www.webtenerife.co.uk/what-to-do/sports/water/)



3 Legendary VOLCANOES

Land of diversity.

In this territory you'll find almost all the landscapes that occur on the island, from the driest to the most humid. You'll see a large concentration of animal and plant species, and be able to visit towns and villages in different 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 spewed out lava for 10 days.

Don't miss:

- Explore Mount Teide.
- Discover two World Heritage Sites.
- Look out over the sea of clouds in all its splendour.
- Relax under the light of the stars and sample the delicious local wines.

Volcanic nature:

Presenting the spectacular 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.

You have the option of exploring the summit of Mount Teide in several ways: either by cable car or heading up to the peak on foot, and spending the night in the Altavista Refuge. Remember that you must request a permit to access the crater or sleep at the refuge.

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 of this environment setting in greater detail. The Teide National Park office is in La Orotava and houses a museum that explains the origins of this incredible volcano.

Living among volcanoes:

La Laguna is the best example of the stimulus the volcano produces in the people who live nearby. This is a fascinating and lively university city filled with students.

It was declared a World Heritage Site in 1999 for its unwallled colonial city layout, which was among the first of its kind. The historic centre is pedestrianised, which invites a leisurely exploration of its stately and beautifully preserved mansions and buildings.

You can buy wine with a volcanic spirit, and crafts and fashion at the attractive boutiques in the center.

Then take a seat at one of the cafes and bars with their inviting bohemian atmosphere.

The museums in the area contain examples of volcanic items that will give you a deeper understanding of the island's nature.

Walking amid volcanoes

As in the rest of the island, there are hundreds of trails here. 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 arrives in Arona. At 83 kilometres, it is the longest of all the routes on the island.

You can explore the Guardianes Centenarios trail in Tacoronte, offering a leisurely stroll between groves of *Persea indica*.

Ocean, wind, land:

Each year the more adventurous have the option of taking part in a prestigious sports race, the Tenerife Bluetrail, which crosses the island from the coast to the mountain.

Tenerife is a well-known international landmark due to the quality of its skies. 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.

If you want to do some stargazing, the best spots in the park are Guajara Mountain or the area around the Parador Hotel. You can also take a guided visit including dinner and a trip up to the summit of Mount Teide in a cable car.

What's more, you must on no account miss the amazing sight of the sea of clouds, one of the most characteristic phenomena in Tenerife. The trade winds push the clouds until they meet the mountains on the north side of the island at a height of between 600 and 1,800 metres. This forms a white mantle that looks like a soft feather eiderdown. You only need to head up to the highest parts of the island to see it in all its glory.

Volcanic gastronomy:

The northern part of Tenerife is characterised by a wide variety of gastronomy. Its restaurants, bars and "guachinches" offer home cooking with a wide variety of traditional dishes. Its wines are renowned.

This part of the island is known for products such as its chestnuts, almonds and Reinette apples which tinge its farmlands with colour.

Windows onto the volcanoes:

You'll be amazed at the incredible views you can see from the lookout points in this area. They will also give you a deeper understanding of the volcanic processes that produced this type of characteristic landscape on the island.



4 A land of CONTRASTS

Contrasting forms and lifestyles.

The whole island has contrasting landscapes and ways of life, but this area is where it can be seen to greatest effect.

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

We are in one of the most fertile spots on the island thanks to the varied biological composition of the land. You'll find the highest productive vineyards in Europe and a spectacular landscape of intense greenery with pine trees growing on black lava.

Don't miss:

- Discover the highest cultivated vineyards in Europe.
- Walk through the longest volcanic cave on the continent and feast your eyes on a lunar landscape.

Volcanic nature:

The El Viento cave is located in Icod de los Vinos and –at 17 kilometres– is the longest volcanic tunnel in Europe. It was created by a torrent of lava whose top layers cooled before the layers below. For more information, please go to: www.cuevadelviento.net

The La Corona Forestal Natural Park in the municipality of Vilaflor, is the home of what is known as the “Pino Gordo” (or Great Pine). The name is well-deserved: the trunk measures over three metres wide. Many people try to wrap their arms around it –something which requires numerous participants, at least half a dozen.

Pine groves that were destroyed with each volcanic eruption have developed an astounding ability to regenerate. They are highly fire resistant thanks to the thick layer of cork on the trunk. This is why when the Tenerife hillsides are charred by fire, the Canary pine survives.

The La Corona Forestal Natural Park has an excellent example of Canary pines with many recreational areas where you can enjoy their pleasant shade.

Living among volcanoes:

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 dramatisation of the traditional barter system.

Other important celebrations are associated with the uncorking of the new wine in the wineries, an event that is celebrated with special high spirits in the north of the island.

In Icod de los Vinos this day coincides with the Las Tablas festival, where the town's young people ca-reen down the steep streets on wooden boards.

Ocean, wind and land:

Los Escurriales trail takes you to the edge of the Lunar Landscape in the Corona Forestal Natural Park. 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: from mountain biking around the Erjos tracks to hang-gliding at the Lomo Molino lookout point, a favourite spot with experts.



Activities
in nature
www.webtenerife.co.uk/what-to-do/sports/

Volcanic gastronomy:

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

Enjoy the traditional local dishes such as its hearty soups and stews. Honey is one of its star products. Try the honey made from local plants and flowers such as broom, bugloss or mountain tea. Nuts and dried fruits and rain-fed farm produce such as figs and almonds are also important.

The wine in this area is very characteristic, with an abundance of whites and reds of recognised prestige.

Windows onto the volcanoes:

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

5 The corner OF LIGHT

The clear blue sea.

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. Everything shines brighter thanks to the clear terrain dominated by the ochre tones of pumice stone –the prevailing volcanic material here. The volcanic earth in the area is very rich for farming and is known as “jable”. It is also the perfect construction material when it takes the form of tuff blocks, which can be seen in many walls and houses.

Don't miss:

- See whales and dolphins in their natural habitat.
- Relax in the sun on the beach
- Travel back in time in San Blas and be swept away by the wind while you practice windsurfing.

Volcanic nature:

If you want to understand the significance of volcanoes for Tenerife you should visit the San Blas Environmental Reserve. The exhibition includes audiovisual elements and genuine recreations, a Guanche cave and a ship headed for the Americas.

Don't miss the Hermano Pedro cave, a volcanic cave located in Granadilla de Abona, which has become a veritable site of religious worship. Friar Pedro, a 17th-century goatherd, regularly used it to shelter his goats when he heard the call to faith at the age of 23. After dedicating himself to protecting the downtrodden in Guatemala, he was canonised in 2002.

Living among volcanoes:

The archipelago was a stopping point for ships arriving from the Americas filled with treasures and spices, which is why the area came under attack from fearsome pirates in the 15th century. The islanders ultimately built castles and fortresses to defend themselves against the marauders, and some of them are still standing today.

San Blas Environmental Reserve Sandos San Blas Nature Resort & Golf

Avd. Grefiamora, 1. Urb. San Blas
38639 Golf del Sur - San Miguel de Abona
Tel. 00 34 922 749 010
reservas.sanblas@sandos.com
www.sandos.com

The festivities in honour of Cristo del Valle de Arriba in Santiago del Teide are a particular highlight. These have been held every May since 1909, when the locals symbolically parade the statue of Christ to ask for his intercession in maintaining the Chinyero volcano dormant after it threatened to engulf the town after its last eruption a century ago.

Ocean, wind, land:

The dry and sunny climate in the area is ideal for enjoying days of relaxation. This area is home to some of the most famous beaches on the island. Most stretch for several hundred metres and have pleasant promenades that are frequented by locals and tourists alike, such as the Arona and Adeje coastline.

This is a place in which the ocean plays a key role, which is why water activities, particularly surfing, kite surfing and windsurfing are so important.

If you like windsurfing, your favourite spot will be El Médano. The wind conditions are perfect all year round, and you'll enjoy the hospitality of a place with an abundance of services, surf shops and restaurants to guarantee your time there is unforgettable.



Water Sports
www.webtenerife.co.uk/what-to-do/sports/water/



If you're a surfer, don't miss the Playa de las Américas, one of the best places for surfing. The best beaches for kite surfing are in Granadilla de Abona: Los Balos, El Médano and La Tejita. And if you're a fan of bodyboarding, your best beaches are bound to be El Confital, La Caleta and Alcalá.

You can take boat trips from any of the marinas of San Miguel, Arona and Adeje.

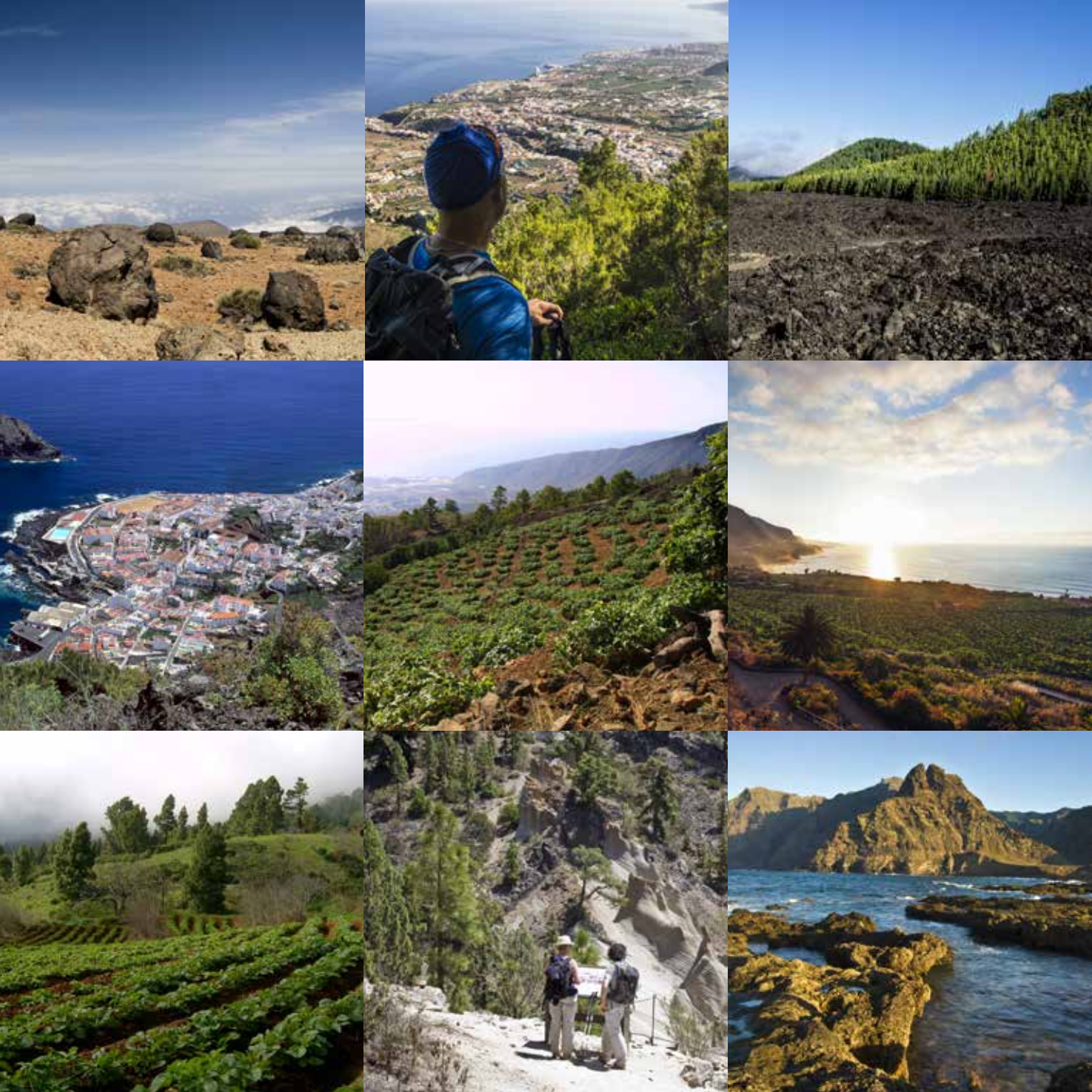




Activities in nature

Tenerife Natural

4



HIKING

This mini-continent has so many possibilities that we understand your hesitancy. You can, wander around through' forests, beaches, the high mountain... You can even go on tours that go through these three types of landscape and many more in just a couple of hours. If there were a Guinness World Record for variety, Tenerife would be a serious contender.

Why come to Tenerife and just tour the island by car or stay by the hotel pool? There is a whole world of sensations waiting for you out there. The dazzling nature and marvellous climate mean you can do many outdoor activities year-round.

TOP 9

There is a major network of trails covering over 1,500 km with certified trails and others currently being certified. Below is the 'Top Nine' (Tenerife is original in even this).



1 Arona-Roque del Conde-Arona

'A natural vantage point at the south of Tenerife'

Plaza del Cristo de la Salud (Arona) → Vento → Barranco del Rey → La Centinela → Roque del Conde → La Centinela → Barranco del Rey → Vento → Plaza del Cristo de la Salud (Arona)

Difficulty: Moderate

Despite it being a short route, there is a major slope in the last uphill section to Roque del Conde.

Trail description:

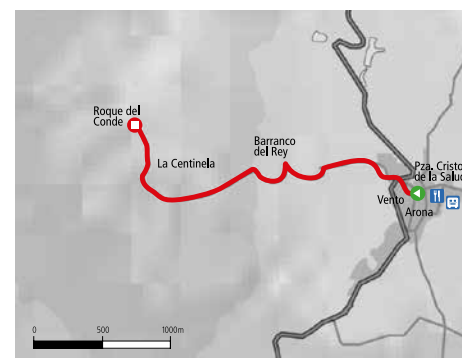
The walk starts in Plaza del Cristo de la Salud square, in the town of Arona. From here, walk towards the Vento neighbourhood on a narrow path that crosses the ravines of Las Casas, El Ancón and finally, El Rey, the border between the municipalities of Arona and Adeje. Once you pass this ravine, the path widens and takes you up to the top, between stone walls and abandoned terraces. The last stretch is a narrow path up to the top of Roque del Conde, a plateau that was used to grow cereals in the past. The views offer a wide panorama of the south of the island. From here, you need to head back on the same path to the starting point.

Start and finish:
Plaza del Cristo de la Salud square
Municipality: Arona and Adeje

Public transport: Yes
Guagua lines (Bus): 342 and 480
Radio Taxi Adeje: 00 34 922 714 462
Radio Taxi Arona: 00 34 922 790 352

Distance: 7 Km (return)
Estimated duration: 5 h

Altitudes:
Maximum: 1000 m
Minimum: 600 m
Start: 665 m
End: 665 m



2 Callejón de Teno

'A walk around the rural world'

PR-TF-57 / El palmar → Los Bailaderos (Teno Alto) de Teno

Difficulty: Moderate

The difficulty comes from the path sloping sharply at the beginning of the route, from El Palmar, with some parts possibly being slippery when wet. There are frequent and abrupt temperature changes and rain.

Trail description:

The route starts at the crossroads where the TF-436 road and the road that leads up to Teno Alto intersect. It quickly gains altitude, providing a wide panoramic view of the Palmar Valley. The landscape changes at the top of the sharp ascent: green hills dotted with small vegetable gardens, until you reach the hamlet of La Abejera, where a group of houses cluster atop the rocky crest. From here the path rolls on comfortably until you get to Los Bailaderos, a farmhouse that represents the essence of the rural life of Tenerife and that marks the end of the route.

Start:
Finca Los Pedregales (El Palmar)
Municipality: Buenavista del Norte

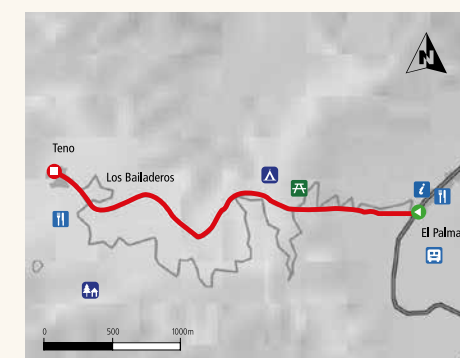
Public transport to start: Yes
Guagua lines (Bus): 355 and 366
Radio Taxi Buenavista: 00 34 922 127 130

Finish:
Los Bailaderos
Municipality: Buenavista del Norte

Public transport to start: No
We recommend you arrange a taxi or leave your car at the end of the route before starting the walk.
00 34 616 804 942 / 00 34 696 568 775 /
00 34 630 639 86

Distance: 4,8 Km
Estimated duration: 3,15 h

Altitudes:
Maximum: 830 m
Minimum: 540 m
Start: 540 m
End: 775 m





3 Ladera de Tigaiga

“A walk round the rural world”

Iglesia de Santiago Apóstol → Mirador del Asomadero →
Iglesia Santiago Apóstol

Difficulty: Moderate

Although the path layout is clear and the surface is firm, it is fairly long and sloping.

Trail description:

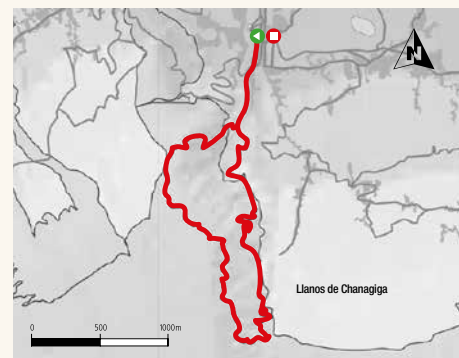
Trail description: the trail starts in the Plaza de la Iglesia de Santiago Apóstol in Realejo Alto (in the municipal district of Los Realejos), and follows the course of the Barranco de La Lora gorge. From there, it climbs upwards, crossing sections of laurel forest, passing the lush Til de Los Pavos,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

Start and finish:
Iglesia de Santiago Apóstol en el Realejo Alto.
Municipality: Los Realejos

Public transport to start: Yes
Guagua lines (Bus): 354
Radio Taxi Los Realejos: 00 34 922 34 60 45

Distance: 14,4 Km
Estimated duration: 7,30 h

Altitudes:
Maximun: 1269 m
Minimun: 350 m



4 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

Difficulty: Moderate

The path is quite long and with intermediate slopes throughout.

Trail description:

The path starts at the Cruz del Carmen restaurant, where you need to walk along the wide firebreak on the left. Just before the Casa Forestal (Forest House) there is a path to the right that enters the green hills. Walk down it and cross the tracks of Las Hiedras and Lomo de los Dragos, until you get to the banks of the El Río or El Batán ravine. From here, walk up towards Bejá, crossing the Caserío del Batán beforehand, and then walk down again to the hamlet of El Peladero. Here, take the diversion on the left of the road. Continue on the path, crossing cross small gullies that slope slightly upwards, until you get to Lomo del Morro, which affords a wide panoramic view. The green hills are now behind you and, as you head towards the coast, the heather that still grows at this altitude will start to give way to plant life more suited to the drier conditions, such as cacti and spurge. From here, the path goes down to the end of the route in Punta del Hidalgo, although there are a few climbs along the way.



Start:
Cruz del Carmen Restaurant
Municipality: La Laguna

Public transport to start: Yes
Guagua lines (Bus): 076 and 077
Radio Taxi Adeje: 00 34 922 714 462
Radio Taxi La Laguna: 00 34 922 621 313 /
00 34 922 255 555

Finish:
Punta del Hidalgo
Municipality: La Laguna

Public transport to start: Yes
Guagua lines (Bus): 050 and 105

Distance: 9,7 Km
Estimated duration: 4 h

Altitudes:
Maximun: 950 m
Minimun: 35 m
Start: 950 m
End: 35 m





5 Parador-Alto de Guajara Parador

‘A balcony with a view of the Teide’

Centro de Visitantes de Cañada Blanca → Alto de Guajara →
Centro de Visitantes de Cañada Blanca

Difficulty: Hard

This trail has a major slope as well as lower oxygen levels given the altitude it crosses.

Trail description:

Trail description:

The trail starts at the Cañada Blanca Visitor Centre. Take the Siete Cañadas track (path 4 in the National Park's path network). Continue towards La Cañada del Capricho, leave it behind and continue towards La Cañada del Montón de Trigo. Here, take a signposted path 5 on your right. Once in Degollada de Guajara, there is a junction on the right. Take the path marked number 15 and walk straight on until the next crossroads. Continue to the right to start walking up to the final part of the Guajara Mountain. The peak sits at 2,715 m and is the third highest on the island. There are splendid views of the Teide, El Río Ravine, Pico Viejo, Ucanca Plain, Las Cañadas and the south of the island. Walk back down from here on the same path back to the Cañada Blanca Visitor Centre.

Start and finish:
Cañada Blanca Visitor Centre, Teide NP
Municipality: La Orotava and Granadilla

Public transport to start: Yes
Guagua lines (Bus): 342 and 348
Radio Taxi Granadilla: 00 34 922 397 475

Distance: 13,8 Km
Estimated duration: 5 h

Altitudes:
Maximun: 2715 m
Minimum: 2150 m
Start: 2150 m
End: 2150 m



6 Rambla de Castro

‘An oasis at the north coast of the island’

Hotel Maritim → Playa de los Roques → Urbanización La Romántica II → Rambla de Castro → Mirador de San Pedro

Difficulty: Easy

It is a short, mild and well-marked path.

Trail description:

The path starts from the back of the Hotel Maritim (Los Realejos), leaving the Playa de Los Roques beach behind and heading towards the Romántica II housing estate. Cross it and resume the path towards La Romántica I. Walk round this estate and go down until you get to a wooden bridge. From here you will see the ruins of the old Gordejuela water lift, a century-old construction that housed the first steam engine on the island. The path continues into the protected nature area of Rambla de Castro. On the path through here you will see: the Hacienda de los Castro mansion, San Pedro hermitage, a building that dates back to the 18th century and whose terrace has breath-taking views of the coast and San Fernando Fort. The last stretch takes you up to the San Pedro viewpoint, next to the TF-15 road.

Start:
Behind the Hotel Maritim
Municipality: Los Realejos

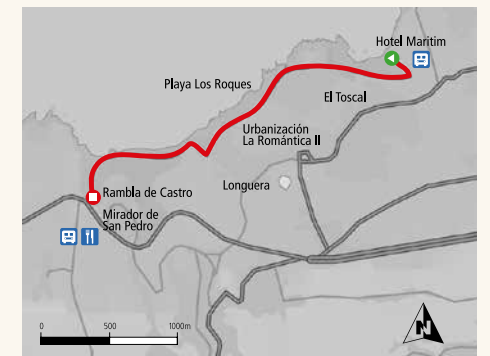
Public transport to start: Yes
Guagua lines (Bus): 339, 353 and 354
(Camino Burgado stop)
Radio Taxi Los Realejos: 00 34 922 346 096

Finish:
Mirador de San Pedro
Municipality: Los Realejos

Public transport to start: Yes
Guagua lines (Bus): 107, 108, 325 and 363
(tunnel stop)

Distance: 4 Km
Estimated duration: 2 h

Altitudes:
Maximun: 150 m
Minimum: 40
Start: 40 m
End: 150 m





7 Malpaís de Güímar

“Between lava and sea”

Puertito de Güímar → Malpaís → Puertito de Güímar

Difficulty: Moderate

Trail description:

This is a circular trail, starting in Puertito de Güímar and allows you to return to the starting point. El Malpaís de Güímar is a Special Nature Reserve of great ecological importance, declared a protected area since 1987. Its unique volcanic scenery stretches from Montaña Grande to the coast. Thanks to the area's mild climate, this area is home to many endemic species. There is an abundance of spurges and dragos; in coastal areas, the dominant plants are sea lavender and lettuce; gorse and hedge bedstraw in sandy areas, and over 60 species of lichen distributed throughout the Malpaís. The interior of the Malpaís 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 explore the Malpaís, the best option is to walk along its paths and stop at the lookout points, where pahoehoe lava, cacti and spurges dominate the landscape. You can discover it at a leisurely pace as you enjoy a pleasant walk.

Start and finish:
Puertito de Güímar
Municipality: Güímar

Public transport to start: Yes
Guagua lines (Bus): 120, 122, 124
Radio Taxi Candelaria: 00 34 922 503 880

Public transport to start: Yes
Guagua lines (Bus): 120, 122, 124

Distance: 6,11 Km
Estimated duration: 3 h

Altitudes:
Maximun: 122 m
Minimun: 1 m



8 Garachico-San Juan del Reparo

‘Following the trails of lava’

Garachico → San Juan del Reparo → Garachico

Difficulty: Easy

Despite the path running along a steep slope, the route is a continual descent along a wide, easy-to-follow path.

Trail description:

The route starts at the Church of San Juan del Reparo. You gradually leave behind buildings to enter the protected area of La Culata cliffs on a path that still preserves its old stone paving on some sections and which dates back to an iron trail that zigzags down offering amazing views of the Town and Port of Garachico. On the descent, you'll be able to see the Arenas Negras lava flows, from the volcano that destroyed most of the village of Garachico and engulfed the port in 1706. The pine forest grows on the lava will be present almost right down to the town entrance. The path comes out onto Calle del Volcán. Bear left until you get to some stairs that will take you to Calle Alcalde Perlaza street to then head to Plaza de Juan González de la Torre square, where you'll find the Puerta de Tierra, which is all that is left of Garachico port, and the end point for the walk.



Start:
Church of San Juan Bautista (El Reparo)
Municipality: Garachico

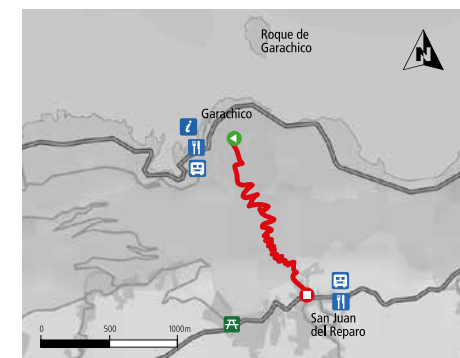
Public transport to start: Yes
Guagua lines (Bus): 325, 392 and 460
Radio Taxi Garachico: 00 34 922 830 056

Finish:
Plaza de Juan González de la Torre square
Municipality: Garachico

Public transport to start: Yes
Guagua lines (Bus): 107 and 363
Radio Taxi Garachico: 00 34 922 830 056

Distance: 2,7 Km
Estimated duration: 1,30 h

Altitudes:
Maximun: 500 m
Minimun: 20 m
Start: 500 m
End: 20 m





9 Camino de Chasna- Paisaje Lunar

'A walk with plenty of stories to tell'

PR-TF-72 / Plaza de Vilaflor Square → Casa Galindo → Casa Marrubial → Paisaje Lunar → Los Llanitos → Plaza de Vilaflor

Difficulty: Moderate to Hard

The biggest difficulty lies in the length of the uphill section although, generally, it is a comfortable and well-defined trail.

Trail description:

The trail starts in Plaza de Vilaflor square. From here, follow the signs leaving the town and get to the riverbed of a ravine you will need to cross before hitting the diversion towards Camino del Atajo. You'll soon go past a vast farm which is still cultivated, known as Casa Galindo. The path goes up a 500-year old path, leaving behind tracks and offshoots until it passes alongside an old water tank. Just after this you get to a crossroad where the descent starts towards the Paisaje Lunar viewpoint, located around 500 m. From here, follow the waymarked path until it merges with the same path you walked up. This will take you back to Vilaflor.

Start and finish:
Plaza de Vilaflor square
Municipality: Vilaflor-Granadilla

Public transport to start: Yes
Guagua lines (Bus): 342, 474 482
Radio Taxi Vilaflor: 00 34 922 709 047
Radio Taxi Granadilla: 00 34 922 397 074

Distance: 13 Km
Estimated duration: 7 h

Altitudes:
Maximun: 1.950 m
Minimun: 1.420 m
Start: 1.420 m
End: 1.420 m



When?

365 days a year. Except in the event of winter snow fall affecting the routes running through the highest altitudes or specific days with bad weather, hiking can be enjoyed in any season. In any event, always check the weather forecast before heading out.

What do I need?

Hiking equipment depends on the trail and weather conditions although, in general, you should always carry a set of basics. Firstly, some good mountain boots, trousers and a long-sleeved shirt (to protect you from the sun, plants and insect bites), warm clothing and a cagoule (in some areas, the weather can turn quickly), a hat (to protect you from the sun's rays) and a rucksack. To get your energy back, it's best to take an isotonic drink and some food (dried fruit and nuts are filled with energy). It is also a good idea to take your mobile phone and an aluminium walking pole.

Do I need a permit?

It depends on the area. If the path goes through a protected area, you may need a permit. But don't worry, as it is clear you would be unaware of it, all tourist information offices will tell you when you need to apply for one: www.webtenerife.co.uk/useful-information/tourist-information-offices/

These are far from all the possibilities the island has to offer for hiking fans.

For more routes, see our website

www.tenerife.es/wps/portal/tenerifees/medioambiente/ocionaturaleza/sendero

Or ask for the footpaths brochure at the tourist information offices



Practical advice



The ten commandments for hikers:

1. Always go with somebody and on signposted trails. Be respectful of local people's lifestyles, privacy and properties.

2. By not making noise, you'll discover so much more life around you.

3. Place everything in the rubbish, including organic waste. In this way, you help preserve the beauty of the landscape and avoid rats coming along. Take special care with cigarette ends.

4. Collecting plants, animals or other objects in the area can lead to a loss of irreplaceable resources as well as fines.

5. Those responsible for this Protected Nature Areas will appreciate any information on incidents you may have witnessed. For this please contact:

Environment Department of the Island Council of Tenerife
Tel.: 00 34 922 239 090
Email: coordinacionmam@tenerife.es

6. We remind you that the island's nature is as unique as it is unpredictable. Please enjoy it responsibly and prudently. Take special care in any nature area and do not forget that accidents can happen at any time.

7. Respect the signposts.

8. Check the weather forecast to make sure it is fine for you to head out: www.webtenerife.co.uk/weather.htm

9. Wear suitable clothing and footwear for hiking and do not forget to pack your mobile phone, sun cream, a hat, a jacket, a cagoule, enough water and food.

10. Tell your family or friends the route you will be taking and bear in mind the number of daylight hours you will need to finish it.

Who can help me?

The following companies can guide you and/or organise your route:

Abeque Experience
Tel. 00 34 618 449 896
abequexperiences@gmail.com
www.abeque.es

Anaga Atrapiés
Tel. 00 34 676 526 605
info@anagaatrapies.com
www.anagaatrapies.com

Anaga Experience
Tel. 00 34 690 369 089
info@anagaexperience.com
www.anagaexperience.com

AR2 Surf Project
Tel. 00 34 646 112 055
ar2surfproject@gmail.com
www.ar2surfproject.com

Candelaria Life & Trekking
Tel. 00 34 922 956 892
candelaria@lifeandtrekking.com
www.lifeandtrekking.com

Diga Sports
Tel. 00 34 922 793 009
info@diga-sports.de
www.diga-sports.de

El Cardón Naturexperience
Tel. 00 34 922 127 938
info@elcardon.com
www.elcardon.com

Gaiatours Senderismo y Excursiones
Tel. 00 34 922 355 272
info@gaiatours.es
www.gaiatours.es

Tenerife Adventure
Tel. 00 34 609 366 574
info@tenerife-adventure.com
www.tenerife-adventure.com

Teno activo - Actividades en la Naturaleza
Tel. 00 34 618 000 972
info@tenoactivo.com
www.tenoactivo.com

Volcano Teide Experience
Tel. 00 34 922 010 440
info@volcanoteide.com
www.volcanoteide.com

Specialist Travel Agencies:

Guru Experiences
Tel. 00 34 610 777 311
sales@guruexperiences.com
www.guruexperiences.com

XTM-Travel.com
Tel. 00 34 922 098 968
info@xtm-travel.com
www.xtm-travel.com

CanariasViaja.com
Tel. 00 34 922 248 161
info@canariasviaja.com
www.canariasviaja.com

Whale and dolphin watching

What are you waiting for? Come and make friends with the Canary Island dolphins and whales. The channel between Tenerife and La Gomera is considered to be one of the best places in the world to spot whales and dolphins. Just a short distance from the coast, every day of the year, you can see up to 21 different species including the short-finned whale, the bottlenose dolphin, the pantropical spotted and common dolphin, as well as less common species in other waters such as the beaked whale. At times you can even see the giant blue whale or fearsome killer whales.



Where?

There are many companies that organise trips to see these marine mammals. Boats depart from Puerto de Los Cristianos, Puerto Colón and Los Gigantes.

When?

Whales and dolphins also love Tenerife and there are resident pods of bottlenose dolphins and schools of short-finned pilot whales. This means they can be spotted year-round. You can find them on 80% of the days with a near-100% spotting rate. Other species are more abundant depending on the time of year, especially between May and June.

What do I need?

You cannot leave the hotel without your sun cream, binoculars and, if you tend to get sea sick, something to counter it. In addition, it is a good idea to take a jacket since the temperature out at sea and in movement may drop.

Do I need a permit?

No, as long as you head out on an excursion with a company that has the "Blue Boat" flag. We explain what this emblem means a little further on.

Practical advice

Book your trip only with those boats with the yellow flag emblem, which certifies them as "Blue Boat". Only these comply with applicable regulations and ensure that the activity is carried out with the best safety assurances both for the tourist and the animals.



Who can help me?

There is a wide range of prices, times and duration for trips. Many offer you the chance to swim near the coast and food. It is best to choose one based on how much time you have. You need to take the right equipment and check the weather forecast for that day.

Puerto Colón

Tenerife Dolphin

Boat: Royal Delfin
Tel. 00 34 922 750 085
reservas@tenerifedolphin.com
www.tenerifedolphin.com

Catamarán Bonadea II

Boat: Catamarán Bonadea II
Tel. 00 34 922 714 500
bonadea2@telefonica.net
www.bonadea2catamaran.com

Atlantic Eco Experience

Boat: Atlantic Eco Experience
Tel. 00 34 638 770 306
info@atlanticecoexperience.com
www.atlanticecoexperience.com

Big Smile Luxury Charters

Tel. 00 34 695 328 691
bigsmilecharters@gmail.com
bigsmilecharters.com/the-luxury-travel-guide/

Puerto de los Cristianos

Mar de Ons

Boats:
Bahriyeli / Jolly Roger / Monte Carlo
Tel. 00 34 922 751 576
info@mardeons-tenerife.com
www.mardeons-tenerife.com

Los Gigantes

Marítima Acantilados

Boat:
Gladiator U / Nashira Uno
Tel. 00 34 922 861 918
info@maritimaacantilados.com
www.maritimaacantilados.com

Agua Azul Tenerife

Boat:
Flipper I
Tel. 00 34 607 169 886
jendub56@hotmail.com
www.fliperuno.com

In order to ensure the very highest standards for this whale and dolphin watching service, the companies involved have signed a quality charter whereby they commit to upholding certain rules aimed at safeguarding users and respecting all species which have made their home in the southern waters of Tenerife.



More
information



Rules:

The short-finned whale and bottlenose dolphin populations are protected by different domestic and international laws and rules so you should pay special attention to all human activity that may impact on these marine mammals. Whale and dolphin watching is one of these and should be done in the right conditions, combining respect for the creatures and visitor enjoyment.

Boats that offer this activity professionally can be identified by the "Blue Boat" flag. This means that they have staff aboard who know how the animals behave, which in turn will help you interpret their behaviour.

When you are in the presence of whales and dolphins, you need to follow a set of rules:

Obligatory

- Get no closer than 60 m
- Maximum watching time: 30 minutes
- Boats must sail slowly
- Avoid a concentration of boats
- Boats must leave the area if they are bothering the marine mammals

Prohibited

- Swimming with the animals
- Feeding them
- Touching them
- Throwing rubbish into the water
- Bothering them with noise

Stargazing

Practical advice

The first thing to do is to position yourself far away from all significant sources of light. That, of course, includes avoiding cities but also the moon, especially if it's full.

The human eye needs between 15 and 30 minutes to adapt to darkness. An intense ray of light (car lights or a torch) spoil this adaptation and, even after the light source disappears, we will need to wait another 15 minutes. So we recommend that you keep away from roads and put red tape over your torch, which will only emit the amount of light that is strictly necessary for reading a map of the heavens, for example.

Stargazing requires space and that's why it's best to choose an open space that provides the most ample field of vision possible.

Some of the most important astrophysicists in the world work in Tenerife. The Instituto de Astrofísica de Canarias is amongst the most prestigious on the planet thanks to the quality of the skies and installations in Tenerife and La Palma. Even if you don't intend to get the Nobel Prize for discovering a galaxy, you can always enjoy nighttime stargazing. You can do it on your own or through a company.

Where?

The best spots in the Teide National Park are Guajara Mountain or the area surrounding the Parador Hotel.

When?

Thanks to its favourable climate, clear skies and long sky-gazing hours, Tenerife is one of the best locations on the planet for observing the universe. This means that enthusiasts are able to stargaze in optimal conditions all year round.

What do I need?

The equipment needed for this activity goes from simple binoculars (attached to a tripod) to expensive and sophisticated telescopes. Enthusiasts usually also carry torches, star charts and laptops. If you don't have any of that, there are companies that can provide you with them. We should also remind you that, at night and especially in winter, the temperature in the highest parts of the island can get very low so we recommend warm clothes (the thermometer can register lows of 0 degrees), a flask with a hot drink and something to eat.

Do I need a permit?

It depends where you want to do it. If it's a protected area, you might need to apply for one. That's why we again recommend that you get in touch with companies that specialise in these activities.



Companies that provide this activity:

Discover Experience

C/ San Agustín, 23
Los Realejos 38410
Tel. 00 34 922 343 038
info@discoverexperience.com
www.discoverexperience.com

Observación de las Estrellas

Avda. Buenos Aires, 98. 2º D
38005 Santa Cruz de Tenerife
Tel. 00 34 922 236 299
astroexcursiones@yahoo.com
www.astroamigos.com

Who can help me?

Feel like the characters in the Jules Verne novel as you go down into depths of the planet. The Cave of El Viento in Icod de los Vinos is the longest volcanic tunnel in the European Union with a length of 17 kilometres. 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. On an underground walk, a guide will show you what is hidden in this cave of labyrinths with three different levels full of passages.

Visitor Centre

C/ Los Piquetes, 51
El Amparo. 38430
Icod de los Vinos
Tel. 00 34 922 815 339
www.cuevadelviento.net
info@cuevadelviento.net
Opening times: Tue.- Sat.
from 09:00 to 16:00 h

Advance booking required.

Walking shoes (preferably boots) are required.

Difficulty:

medium • Children must be over 5 years old

Duration:

2 hours - including time in vehicle

Tenerife offers many other underground experiences. It's best to contact a specialist company so that they can assess and advise you.

Caving

The cave of El viento

The insides of the island are spectacular. It's very exciting to walk through volcanic tunnels that lava once flowed through from the very centre of the Earth.





Bird Watching



What do I need?

You can either do this just with binoculars or you can fit yourself out like a professional. If you go for the second option, it's usual to take binoculars, a portable telescope with tripod and a notebook. If you also want to take photographs or register bird songs, you can take a camera and a recorder with a good microphone.

Do I need a permit?

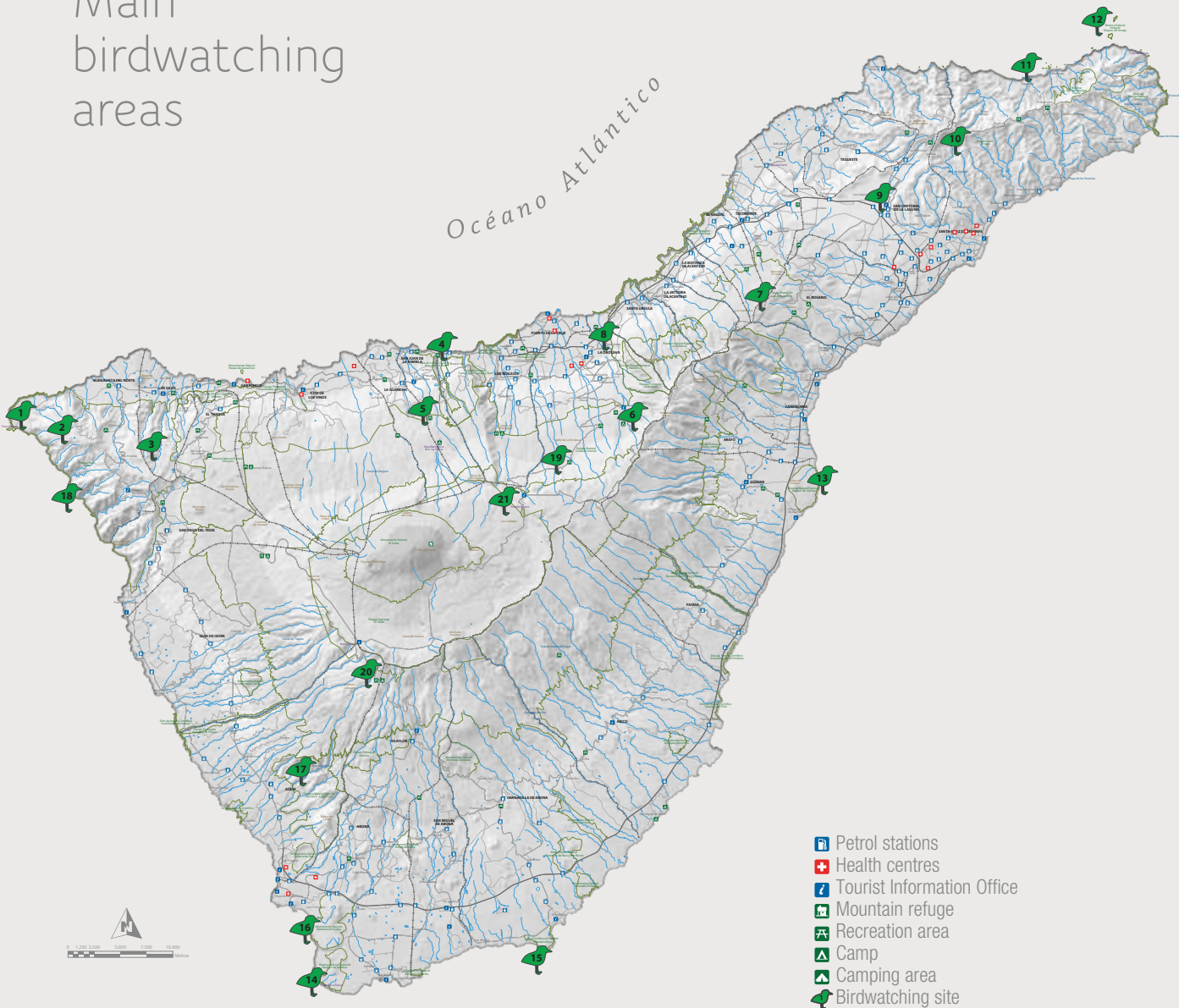
Only if you're going to access a protected area. We advise you to get advice from a company that specialises in this activity before doing it. They'll let you know about the best places to see these animals.

Companies that provide this activity:

El Cardón Naturexperience
C/ La Finca s/n
Hotel Vincci Selección Buenavista
38480 - Buenavista del Norte
Tel. and Fax 00 34 922 127 938
www.elcardon.com
info@elcardon.com

Teno Activo-Actividades en la Naturaleza
C/ La Alhondiga, 45
38480 - Buenavista del Norte
Tel. 00 34 618 000 972
www.tenoactivo.com
info@tenoactivo.com

Main birdwatching areas



1. Teno Bajo

A large coastal plain at the foot of the Teno Massif cliffs, where there are well-conserved cacti and spurges. It's an excellent bird-watching site, with the chance to see birds of prey and seabirds.

2. Teno Alto

Grazing land for goats, interspersed with moors and dryland farming areas. Many flocks of farmland birds can be spotted here.

3. Monte del Agua

Here you can find some of the island's best-preserved laurel forests. Large populations of laurel pigeons and forest birds of prey live in its deep ravines.

4 Barranco de Ruiz Site of Scientific Interest

A deep ravine full of dragon trees, palm trees, savin juniper and many local plants. It's an excellent site to spot birds of prey, laurel pigeons and understorey birds.

5. El Lagar Recreation Area

At the foot of Mt. Teide we find this area in the middle of a thick Canary Island pine forest with shrubs that are typical of the laurel forest. It's easy to see many forest birds here.

6. La Caldera de La Orotava

A recreation area that is the starting point for many footpaths. There is a dense humid pine forest on the edge of the laurel forest. It's an interesting place to see forest Passeriformes.

7. Las Lagunetas Protected Landscape

This vast woodland can be found on the peaks of La Esperanza, mainly made up of plantations of various pine and eucalyptus species. Highly made up of plantations of various recommended if you want to watch forest birds.

8. Villa de La Orotava

One of the island's most picturesque towns. Hundreds of swifts live in the roofs of the old houses in the historic quarter. We are able to see several species of urban birds in the gardens and squares.

9. San Cristóbal de La Laguna, World Heritage Site

Some of the oldest buildings in the Canary Islands can be found in San Cristóbal de La Laguna's old town. Its parks and gardens are excellent places to spot swifts, turtledoves and sparrows, as well as other birds.

10. Pico del Inglés Viewpoint

At the top of the Anaga massif, surrounded by a dense laurel forest, we find the Pico del Inglés viewpoint, from which you can see most of the Anaga Rural Park. Several different species of birds of prey, forest birds and laurel pigeons can be watched here.

11. Taganana

The hamlet of Taganana is situated in the Anaga Rural Park, at the foot of large rock faces and terraces where vines, vegetables and fruit trees grow. It's a good place to see farmland birds and birds of prey.

12. Roques de Anaga Strict Nature Reserve

Situated right next to the north coast of the Anaga massif, it's populated by dragon trees and shrubs. It cannot be visited because important colonies of seabirds live here, but these birds can be watched easily from the coast, which you can get to on foot or by boat from the Santa Cruz de Tenerife port.

13. Malpaís de Güímar Special Nature Reserve

Made up of a large area of lava flows, surrounded by farmland, housing estates and industrial estates, it's populated by many different cacti and spurges, where several species of songbirds live.

14. Malpaís de Rasca Special Nature Reserve

In the southernmost point of the island we find the remains of an old volcano and its lava flows. Many different bird species can be spotted from the coast: seabirds, waders and herons.

15. Montaña Roja Special Nature Reserve

A coastal area in the south of the island, made up of sandy beaches and sandbanks, at the foot of an amazing volcanic cone of reddish lava, populated by stunted spurges shaped by the strong prevailing winds. It's an excellent place to see seabirds and migratory water birds.

16. Montaña de Guaza Natural Monument

A volcanic mountain that has suffered much erosion over time, situated next to the tourist area of Los Cristianos. It's populated by plants that are typical of desert environments, and is home to various species of steppe birds like the stone curlew, great grey shrike and trumpeter finch.

17. Barranco del Infierno Special Nature Reserve

A deep and rugged ravine situated in the Adeje massif. There is a thick native willow forest at the bottom, and dragon trees and savin juniper hang here and there on the rock face. It's a good place to see birds of prey and mountain birds. www.barrancodelinfierno.es

18. Los Gigantes Cliff

On the west coast of the Teno massif we find this impressive rock face, produced by erosion over thousands of years. Threatened species live in its beaches and ravines: ospreys, Barbary falcons and crows.

19. Ramón Caminero Recreation Area

This recreation area is situated at the top of La Orotava Valley, on the edge of Las Cañadas del Teide. Early in the morning and late in the evening you can spot some of the most special species that live in our forests.

20. Las Lajas Recreation Area

On the edge of the southern slope of Las Cañadas del Teide we find this large recreation area, situated in a clear pine forest with not much undergrowth. Its old trees are home to chaffinches, sparrowhawks and great spotted woodpeckers.

21. El Portillo

On the boundaries of the Teide National Park we find the El Portillo Service Area, surrounded by broom, laburnum and plants that are endemic to this area. Several footpaths start at the Visitor Centre, and they enable you to discover the biodiversity of the high mountain in the Canary Islands.

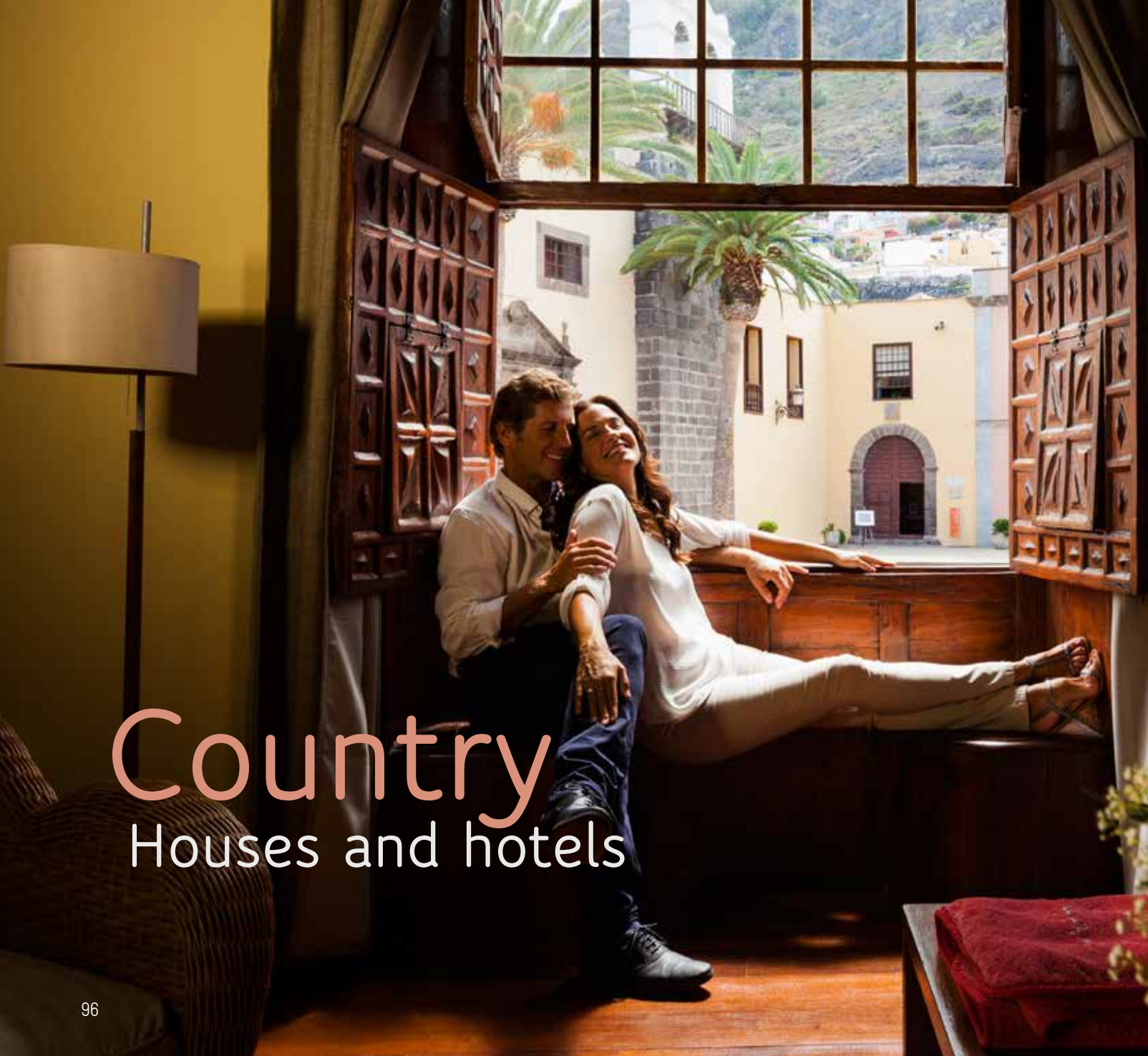




Accommodation in Tenerife

Tenerife Natural

5

A large, warm-toned photograph of a man and a woman sitting on a wooden ledge in a room with large, ornate wooden windows. The woman is leaning back against the man, and they are both smiling. The windows look out onto a courtyard with a palm tree and a building. The text 'Country Houses and hotels' is overlaid on the bottom left of the image.

Country

Houses and hotels

Tenerife has one of the most complete ranges of accommodation options in the world. Some of its hotels are amongst the best on the planet, others are less exclusive but still have special comforts, and there is also an extensive range of more modest but high quality hotels and apartments. Nonetheless, if you're one of those people who find the number of stars you can see in the sky more important than the ones the hotel has, you're also in luck. The island has a large variety of rural accommodation, hostels and camping areas.

In search of authenticity

With all the comforts of a large hotel but without the overcrowding of the more touristy areas, country-style accommodation has seen much growth over recent years. Much of it is in strategic locations from which you can take on a tasty gastronomic trail, a peaceful walk or a stroll through buildings full of history.



Country houses and hotels

NORTH

Name	Category	Municipality	Telephone	Website
Casa Rural El Patio de Tita	Cottage	Los Realejos	00 34 669 028 677	www.fincaelpatio.com
Casa Rural Finca Saroga	Cottage	Los Realejos	00 34 922 340 313	www.fincasaroga.es
Casa Rural La Gordejuela	Cottage	Los Realejos	00 34 922 533 940	losrealejos.travel/alojamiento/casa-rural-la-gordejuela/
Casa Rural Las Llanadas	Cottage	Los Realejos	00 34 650 862 691	www.rurallaslanadas.com
Casa Rural Montiel	Cottage	Icod de Los Vinos	00 34 629 579 650	www.piedraredonda.com
Casa Rural Piedra Redonda	Cottage	Icod de Los Vinos	00 34 629 579 650	www.piedraredonda.com
Casonas de Marengo	Cottage	Icod de Los Vinos	00 34 607 891 978	ww.casonasdemarengo.es
Finca Rural Las Breveritas	Cottage	Icod de Los Vinos	00 34 922 370 365	www.breveritas.com

SOUTH

Name	Category	Municipality	Telephone	Website
Casa Rural El Atajo	Cottage	Guía de Isora	00 34 922 852 038	www.canarirural.com
Casa Rural La Tunera	Cottage	Arico	00 34 922 244 825	www.attur.es/es/casas-rurales/sur-de-tenerife/la-tunera
Casa Rural Las Pérez	Cottage	Granadilla de Abona	00 34 650 085 712	www.canarirural.com
Casa Rural Mamá Lola	Cottage	Arico	00 34 615 400 318	www.teneriferural.com
Casa Rural Tamaide	Cottage	San Miguel	00 34 922 700 108	-
Hotel Emblemático 4 Esquinas	Emblematic Hotel	San Miguel	00 34 922 701 187	www.hotel4esquinas.com
Hotel Rural Finca Salamanca	Rural Hotel	Güímar	00 34 922 514 530	www.hotel-fincasalamanca.com

OTHER MUNICIPALITIES

Name	Category	Municipality	Telephone	Website
Albergue Bolico	Hostel	Buenavista del Norte	00 34 922 127 938	www.alberguebolico.com
Albergue Montes de Anaga	Hostel	Santa Cruz de Tenerife	00 34 922 823 225	www.alberguestenerife.net
Casa Rural Alenes de Mar	Cottage	San Juan de la Rambla	00 34 650 862 691	www.rurallaslanadas.com/index.php/es/casas/alenes
Casa Rural El Adelantado	Cottage	Tacoronte	00 34 922 271 135	www.casaruradeladelantado.com
Casa Rural El Aljibe	Cottage	Tacoronte	00 34 610 051 285	www.casaelaljibe.blogspot.com
Casa Rural Finca El Picacho	Cottage	La Laguna	00 34 922 259 506	www.fincaelpicacho.com
Casa Rural Finca La Majadera	Cottage	El Rosario	00 34 922 680 922	www.fincalamajadera.com
Casa Rural San Miguel	Cottage	La Laguna	00 34 922 545 298	www.haciendasdelvalle.es
Finca Casa Amarilla	Cottage	Los Silos	00 34 922 840 118	www.fincacasamarilla.com
Gara Hotel	Rural Hotel	Garachico	00 34 922 831 168	www.garahotel.com
Hotel Rural Costa Salada	Rural Hotel	La Laguna	00 34 922 546 062	www.costasalada.com
Hotel Rural El Patio	Rural Hotel	Garachico	00 34 922 133 280	www.hotelpatio.com
Hotel Rural La Quinta Roja	Rural Hotel	Garachico	00 34 922 133 377	www.quintaroja.com

Hostels

If you want to get even closer to nature and you don't mind sharing a room with other mountaineers, it's an easy choice. Hostels are a very cheap and comfortable way to get settled right in the heart of the main spots on the island. And exchanging experiences with other trippers is always an interesting bonus for your holidays. Who knows: you might even find more than friendship...

Albergue Montes de Anaga

Area: Anaga Rural Park

Reservations: IDECO, S.A.

www.alberguestenerife.net

info@idecogestion.net

alberguedeanaga@idecogestion.net

Opening hours: M-F from 08:00 to 15:00 h

Tel. 00 34 922 823 225

El Bailadero - Chamorga s/n. 38125

Santa Cruz de Tenerife

Albergue de Bólico

Area: Teno Rural Park

Reservations: Albergue de Bólico

www.alberguebolico.com

info@alberguebolico.com

Opening hours: M-F from 08:00 to 15:00 h

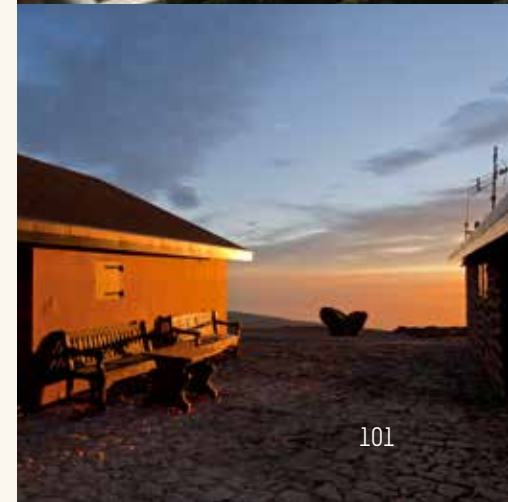
Tel. 00 34 922 127 192

Refugio de Altavista

Area: Teide National Park

Reservations: Online

www.volcanoteide.com



Camping Areas

Lastly, we have an option for the most intrepid amongst us -for whom luxury is full-on contact with nature. A sleeping-bag and a tent are enough for you. The reward of being woken by birdsong makes you forget everything else. Although if you don't like the idea of sleeping on the ground, you can always decide on a caravan a common option in the Canaries although it might seem otherwise because the territory is so small.

Camping in specific camping areas

The maximum stay is 7 days. These areas are usually next to recreational areas, so some services are available. Bookings must be made over the internet using the online booking tool: www.tenerife.es/wps/portal/tenerifees/medioambiente/ocionaturaleza/zonasacampada

Camping en-route

If you're following a hillwalking trail and you need to put up your tent to sleep next to the trail, you should know that the maximum stay at each point is 24 hours. To request permission to do this, you have to fill out a form that is available at the above website.



Specially authorised camping areas:

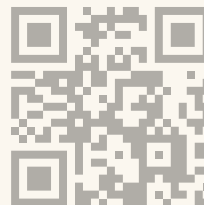
Arenas Negras (Garachico)
Las Hayas (Icod de los Vinos)
Chío (Guía de Isora)
Las Lajas (Vilaflor)
El Lagar (Icod de los Vinos)
Las Raíces (El Rosario)
Fuente del Llano (Arico)
Los Pedregales (Buenavista)
Fuente Pedro (San Juan de la Rambla)
San José de Los Llanos (El Tanque)
La Caldera (La Orotava)
Ramón El Caminero (La Orotava)
La Tahona (San Juan de la Rambla)

To find out the characteristics of each area, please contact the Island Council's Department of the Environment:

Medio Ambiente:
Pabellón Insular de Tenerife
"Santiago Martín "
C/ Mercedes, s/n. Los Majuelos
38108 - San Cristóbal de La Laguna
Tel. 00 34 922 239 199

You will also find all the information and booking forms on the website (booking is compulsory):

Online booking system for camping



Ethnographic Parks

Enjoy our two ethnographic parks in Tenerife, which have great cultural and historical value and put you in touch with our local customs.

Parque Etnográfico Pirámides de Güímar
C/ Chacona, s/n. 38500 Güímar
Tel. 00 34 922 514 510
www.piramidesdeguimar.es

Museo y Parque Etnográfico Pinolere
C/ Germinal, 36. 38310 La Orotava
Tel. 00 34 922 322 678
<http://pinolere.org>

To make your experience on the Island complete, you can't miss:

Fundación Tenerife Rural
C/ San Simón, nº 49
(La Baranda) 38360
El Sauzal - Tel. 00 34 922 531 013
www.productosdetenerife.info

Dream Charter- Reserva de embarcaciones
Puerto Colón Pantalán 907, 38660 Adeje
Tel. 00 34 922 102 010
www.dreamcharter.es

Palmetum Santa Cruz
Avenida de la Constitución, 5. 38005
Santa Cruz de Tenerife
Tel. 00 34 922 22 93 68
www.palmetumsantacruz.com
info@palmetumsantacruz.com

Accessible Tourism in nature

Tenerife Natural

6



If you have any kind of disability or mobility difficulty, don't worry: the island is for you too. There are lots of accessible resources of interest, such as accommodation, transport, leisure and the sale or rental of support products... You can check out options at www.tenerife-accessible.org. The website is run by SINPROMI, the Island Company for the Promotion of People with Disabilities.

Sinpromi, S.L.
C/ Góngora, s/n.
38005 Santa Cruz de Tenerife
Tel. 00 34 922 249 199
Fax 00 34 922 244 658
www.sinpromi.es
sinpromi@tenerife.es





Practical information

Tenerife Natural

The following channels are available to tourists seeking detailed information on the island.

Tourist Information Offices

Name	Address	Telephone	E-mail
Adeje-Centro Office	C/ Grande, 2. Adeje	00 34 922 756 254	turismo@adeje.es
Arico Office	C/ Benítez de Lugo, 1 38580 Arico	00 34 922 768 242 ext 301	turismo@ayuntamientodearico.com
Arona Office Los Cristianos	Avda. Juan Carlos I. Estación de guaguas de Los Cristianos.	00 34 922 757 130	info-cristianos@aronatravel.es
Arona Office Playa de las Américas	Plza. del "City Center" Avda. Rafael Puig, 19 - Arona	00 34 922 797 668	info-americas@aronatravel.es
Arona Office Playa de las Galletas	Paseo Marítimo Dionisio González Delgado - Arona	00 34 922 730 133	info-galletas@aronatravel.es
Arona Office Playa de las Vistas	Paseo las Vistas, s/n Los Cristianos - Arona	00 34 922 787 011	info-vistas@aronatravel.es
Buenavista del Norte Office	C/ Plaza de los Remedios, s/n. Casa Matula. 38480	00 34 922 128 080	turismo@buenavistadelnorte.com
Cabildo Puerto de la Cruz Office	La Casa de la Aduana C/ Las Lonjas, s/n - Puerto de la Cruz	00 34 922 032 230	manuelpt@tenerife.es
Candelaria Office	Avda. de la Constitución, 7 Candelaria	00 34 922 032 230	oit@candelaria.es
C.I.T. Office Candelaria-Caletillas	Plaza del CIT, s/n Las Caletillas	00 34 922 500 415	info@citcandelaria.com
Costa Adeje Office Playa Fañabé	Avda. Litoral, s/n. Costa Adeje	00 34 922 716 539	turismo@adeje.es
C.I.T. Garachico Office	Avda. República de Venezuela, s/n Garachico	00 34 922 133 461	citgara@hotmail.com
C.I.T. Icod de los Vinos Office	C/ San Sebastián, 6 Icod de los Vinos	00 34 922 812 123	citicod@hotmail.com

Tourist Information Offices

Name	Address	Telephone	E-mail
C.I.T. Puerto de la Cruz Office	C/ Puerto Viejo, 13 Puerto de la Cruz	00 34 922 388 777	info@citpuerto.com
C.I.T. South Office	Avda. Rafael Puig, 17. Costa Adeje	00 34 922 793 312	info@citsur.com
CIT Santa Cruz Office	Plaza Alameda del Duque Santa Elena, esq. La Roche	00 34 922 010 444 ext.1401	livingsc@livingsantacruz.es
Costa Adeje Office Troya	Avda. Rafael Puig, 1. Costa Adeje	00 34 922 750 633	turismo@adeje.es
Cruz del Carmen Visitor Centre	Ctra. Las Mercedes, Km. 6 San Cristóbal de La Laguna	00 34 922 633 576	cvisitantes@tenerife.es
El Médano Office	Plza. de los Príncipes de España Granadilla de Abona	00 34 922 176 002	turismo@granadilladeabona.org
Guía de Isora Centre Office	Avenida Isora, Guía de Isora	00 34 922 851 222	info.guia@guiadeisora.org
La Laguna Office - Casa Alvarado-Bracamonte (Capitanes Generales)	C/ La Carrera, 7 Bajo. Casa Alvarado-Bracamonte. (Capitanes Generales). La Laguna	00 34 922 631 194	infoturismolaguna@aytolalaguna.es
La Laguna-Punta del Hidalgo Office	Ctra. Gral. Punta del Hidalgo Frente al mirador San Mateo, s/n	00 34 922 157 832	oit.ptahidalgo@turismolalaguna.org
La Orotava Office	C/ Calvario, 4 Villa de La Orotava	00 34 922 323 041	turismo@villadelaorotava.org
Los Gigantes Office	Avda. José González Forte, 10 38690 Santiago del Teide	00 34 922 868 186	turismo@santiagodelteide.es
Los Realejos Office	Plaza de la Unión, s/n. Los Realejos	00 34 922 346 181	info@losrealejos.travel
Los Silos Visitor Centre	Plaza de la Luz, 9. Los Silos	00 34 922 841 086	turismo@lossilos.es
Playa Álcala Office	Paseo Las Jaquita, s/n Playa Álcala, Guía de Isora	00 34 922 865 151	info.alcala@guiadeisora.org

Name	Address	Telephone	E-mail
Playa de San Juan Office	Avda. Juan Carlos I, s/n Playa San Juan, Guía de Isora	00 34 922 138 987	info.playasajuan@guiadeisora.org
Playa La Arena Office	Avda. Marítima. CC. Seguro de Sol Local 34 Playa La Arena Puerto Santiago	00 34 922 860 348	turismo@santiagodelteide.es
San Juan de la Rambla Office	C/ El Sol, s/n (Oficinas Municipales) 38420	00 34 922 350 240	turismo@aytosanjuandelarambla.es
San Miguel de Abona Office	Oficina de turismo "El Caracol" Avda. Galván Bello, s/n Golf del Sur San Miguel de Abona	00 34 922 738 664	turismosanmiguel@sanmigueldeabona.org
Santa Cruz de Tenerife (Development Company) Transport Interchange Station Office	Área de Llegada de Guaguas Interurbanas del Intercambiador de Santa Cruz de Tenerife.	00 34 922 289 536	intercambiador.tenerife@cityexpert.es
Santa Cruz de Tenerife Office (Development Company)	Plaza de España s/n	00 34 922 289 536	tenerife@cityexpert.es
Santiago del Teide (centre) Office	C/ La Iglesia, 64. Santiago del Teide	00 34 922 839 220	santiago.turismo@santiagodelteide.es
Tacoronte Office	Ctra. General Tacoronte-Tejina (La Estación) Tacoronte	00 34 922 570 015	turismo@aytotacoronte.org
Tegueste Office	Plaza de San Marcos, 20 Tegueste	00 34 922 316 102	turismo@tegueste.org
Tenerife North Airport Council Office	Aeropuerto Tenerife Norte Los Rodeos. Los Rodeos, s/n	00 34 922 386 000	info@webtenerife.com
Tenerife South Airport Council Office	Aeropuerto Tenerife Sur Reina Sofía Granadilla de Abona	00 34 922 635 192	tenerifesur@cityexpert.es
Teno Rural Park Visitor Centre	Finca los Pedregales. El Palmar Buenavista del Norte	00 34 922 447 970	acabrerag@tenerife.es
Vilaflor Office	Plaza de San Pedro Apóstol, s/n 38613 Vilaflor	00 34 922 709 002 ext 23	senderismo@vilaflordechasna.es

Rent a car

Name	Telephone	Type	Web
Auto Reisen	00 34 922 26 02 00	Cars	www.autoreisen.es
Autos 3000	00 34 922 38 71 60	Cars	www.autos3000sl.com
Autos Mertens	00 34 696 10 10 62	Cars	www.autosmertens.com
Autos Plaza	00 34 922 38 58 27	Cars	www.teneriferentacar.com
Autos Ram	00 34 653 97 12 00	Cars	www.autosram.com
Autos Torat	00 34 670 82 77 61	Cars	www.autosorat.com
Canarias.com	00 34 922 79 29 19	Cars	www.canarias.com
Canarias Moto Rent	00 34 636 27 85 69	Motorcycles	www.canariasmotorent.com
Cicar	00 34 900 10 02 23	Cars	www.cicar.com
Cooltra Motos Canarias	00 34 610 14 18 90	Motorcycles	www.cooltra.com
E-Cars Rent a Car	00 34 922 10 80 50	Electric cars	www.ecarsrentacar.com
Eurodoblón Rent a Car	00 34 922 37 50 91	Cars	www.eurodoblón.com
Jocar	00 34 922 24 52 22	Cars	www.autosjocar.com
Oasis Rent a Car	00 34 922 79 34 54	Cars	www.oasisrentacar.com
Orcar Canarias	00 34 922 26 02 00	Cars	www.orcarcanarias.com
Rent a Car Bernardino	00 34 922 17 62 05	Cars	www.bernardino-rentacar.com
Rent a Car Hermanns	00 34 922 79 11 10	Autos	www.hermanns-cars.com
Rent a Car Las Rosas	00 34 922 86 18 72	Cars	www.rentacarlasrosas.com
Transfers Canarias.com	00 34 922 79 29 19	Cars with driver	www.canarias.com
Tamara Routes	00 34 902 15 18 07	Jeep Safari. Vip Tour	www.tamara.com
Volcanic Rent a Car	00 34 922 79 47 57	Cars	www.volcanicrentacar.com

Useful telephone numbers

SAFETY	Hospiten Sur, en Arona 00 34 922 750 022	Puerto de la Cruz 00 34 922 381 807	Aeropuerto del Sur 00 34 922 759 193
Emergencies 112 Download the mobile phone app Press 112   	Hospiten Rambla, Santa Cruz de Tenerife 00 34 922 291 600	Los Cristianos 00 34 922 795 590	Aeropuerto del Norte 00 34 922 635 114
National Police 091	Hospiten Tamaragua, Puerto de la Cruz. 00 34 922 380 512	AIRLINES REGIONALS	LOST & FOUND
Local Police 092		Binter Canarias 00 34 902 391 392 www.binternet.com	Contact the local police of your town council.
Civil Guards 062	AIRPORTS AND PORTS	REGIONAL SEA LINKS	MORE INFORMATION
Traffic Civil Guards 00 34 922 662 441	Tenerife South Airport Reina Sofía 00 34 922 759 000	Fred Olsen 00 34 902 100 107 www.fredolsen.es	At your hotel Ask at reception for the events schedule.
Civil Defence 00 34 922 606 060	Tenerife North Airport 00 34922 635 998	Naviera Armas 00 34 902 456 500 www.navieraarmas.com	On your mobile Download the Tenerife app from your app store to access a wide range of audiovisual material via your mobile: guidebook, audio guides, etc.
HEALTH SERVICES	Port of Santa Cruz de Tenerife 00 34 922 605 400	RADIO TAXI	More information: www.webtenerife.mobi Website: www.webtenerife.com
Clínicas Vida 00 34 922 38 23 17	Port of Los Cristianos - Arona 00 34 922 790 827	Isla de Tenerife 00 34 922 621 313	
Excellent Medical 00 34 922 73 75 60	BUS STATIONS	Los Cristianos 00 34 922 795 459 / 00 34 922 747 511	
Hospital Quirón Tenerife 00 34 922 270 700	TITSA (buses) 00 34 922 531 300	Adeje 00 34 922 714 456	
Hospital Quirón Costa Adeje 00 34 922 752 626	Santa Cruz de Tenerife 00 34 922 219 399	San Marcos 00 34 922 641 112	
Hospital Universitario de Canarias, en La Laguna 00 34 922 678 000	La Laguna 00 34 922 259 412	Ucanca 00 34 922 255 555	
Hospital Nuestra Sra. de Candelaria, en Santa Cruz de Tenerife. 00 34 922 602 000	Playa de las Américas 00 34 922 795 427 www.titsa.com	Eurotaxi (discapacitados) 00 34 656 280 929 / 00 34 659 431 238	
Hospiten Bellevue Puerto de la Cruz 00 34 922 383 551			



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