



# Walk! Tenerife



## CONTENTS

<b>Contents</b>	3
<b>The Authors</b>	7
<b>Introduction</b>	8
<b>Symbols Rating Guide</b>	11
<b>Map Information</b>	
Location Maps	12
Map Notes & Legend	14
Using GPS on Tenerife	15

### WALKS IN THE NORTH

<b>1 Choza Classic</b>	16
3 walker, 2 hours, 7.5 kilometres, ascents & descents 320 metres, 3 refreshments (circular)	
<b>2 Chimoche Loop</b>	19
3 walker, 1¼ hours, 6 kilometres, ascents & descents 300 metres, 2 refreshments (circular)	
<b>3 Los Órganos</b>	22
5 walker, 4 hours, 11 kilometres, ascents & descents 600 metres, vertigo risk, 2 refreshments (circular)	
<b>4 Mirador de Mataznos - Cruz del Dornajito</b>	26
3 walker, 3 hours, 10 kilometres, ascents & descents 550 metres, 2 refreshments (circular)	
<b>5 El Portillo - Aguamansa</b>	30
4 walker, 3 hours 10 mins, 12 kilometres, ascents 30 metres, descents 1020 metres, 3 refreshments (linear one way)	
<b>6 Montaña Limón from TF-24</b>	34
2 walker, 1 hour 35 mins, 5.5 kilometres, ascents & descents 240 metres, 0 refreshments (linear out and back)	
<b>7 La Caldera - Montaña Limón</b>	36
4 walker, 4¾ hours, 15 kilometres, ascents & descents 1020 metres, 2 refreshments (circular)	
<b>8 Arenas Negras - Black Sand Surprise</b>	40
3 walker, 2¼ hours, 8 kilometres, ascents & descents 300 metres, 0 refreshments (circular)	
<b>9 La Fortaleza</b>	43
4 walker, 3½ hours, 12.5 kilometres, ascents & descents 350 metres, 1 refreshments (linear out and back)	

## WALKS IN THE SOUTH

- 10 Down To Town** 46  
3 walker, 2½ hours, 8.5 kilometres, ascents 130 metres, descents 650 metres, 0 refreshments (linear one way)
- 11 Roque del Conde - Table Mountain** 49  
4 walker, 3½ hours, 11 kilometres, ascents & descents 450 metres, 0 refreshments (linear out and back)
- 12 Adeje Skywalker & The White House** 53  
4 walker, 3-3¾ hours, 12 kilometres, ascents 300 metres, descents 400 metres, vertigo risk, 0 refreshments (linear one way)
- 13 Taucho Tour** 57  
3 walker, 1½ hours, 6 kilometres, ascents & descents 300 metres, 0 refreshments (circular)
- 14 Wow! Spectacular to Adeje** 59  
4 walker, 4 hours, 12 kilometres, ascents 150 metres, descents 1000 metres, vertigo risk, 4 refreshments (linear one way)
- 15 Queen of the South** 63  
4 walker, 4 hours, 14 kilometres, ascents 250 metres, descents 900 metres, 4 refreshments (linear one way)
- 16 Fantasia** 67  
4 walker, 3 hours, 9 kilometres, ascents & descents 550 metres, 4 refreshments (circular)
- 17 GR131 Vilaflor - Ifonche - Arona** 71  
4 walker, 5½ hours, 18 kilometres, ascents 450 metres, descents 1200 metres, vertigo risk, 5 refreshments (linear one way)
- 18 Las Lajas - Sombrero de Chasna** 77  
4 walker, 3 hours, 9 kilometres, ascents & descents 530 metres, 0 refreshments (circular)
- 19 Las Lajas - Adeje** 80  
4 walker, 4 hours 10 mins, 17 kilometres, ascents 90 metres, descents 1800 metres, 4 refreshments (linear one way)

## WALKS IN THE WEST

- 20 Wild West Tour** 84  
3 walker, 2 hours, 7 kilometres, ascents 130 metres, descents 470 metres, 2 refreshments (linear one way)
- 21 True Grit** 89  
4 walker, 2¾ hours, 9 kilometres, ascents & descents 430 metres, 3 refreshments (circular)

- 22 Lasso La Hoya** 93  
3 walker, 1½ hours, 5.3 kilometres, ascents & descents  
300 metres, 2 refreshments (circular)
- 23 Laurel & Hardy** 95  
3 walker, 1¾ hours, 6 kilometres, ascents & descents 300  
metres, 4 refreshments (circular)
- 24 Saddle Up And Round That Mountain** 99  
4 walker, 3 hours, 9 kilometres, ascents & descents  
450 metres, 0 refreshments (circular)
- 25 Camino Guergues** 102  
4 walker, 2½ hours, 5.2 kilometres, ascents & descents  
350 metres, vertigo risk, 0 refreshments (linear out and back)
- 26 Barranco de Masca** 105  
5 walker, 6 hours, 11.2 kilometres, ascents & descents  
600 metres, vertigo risk, 4 refreshments (linear out and back)
- 27 Scenic Ridge to Masca** 110  
3 walker, 2½ hours, 8 kilometres, ascents 420 metres, descents  
710 metres, 3 refreshments (linear one way)

## CENTRAL HIGH ALTITUDE ROUTES

- 28 Montaña Majúa - Toffee Mountain** 113  
3 walker, 3 hours, 12 kilometres, ascents & descents  
300 metres, 1 refreshments (circular)
- 29 Roques de García** 117  
3 walker, 1¼ hours, 4 kilometres, ascents & descents  
170 metres, 1 refreshments (circular)
- 30 Paisaje Lunar - A Tenerife Classic** 119  
3-5 walker, 2 hours, 7 kilometres, ascents & descents  
320 metres, vertigo risk, 0 refreshments (circular)
- 31 Mighty Guajara** 123  
5 walker, 3¾ hours, 10.5 kilometres, ascents & descents  
630 metres, 1 refreshments (circular)
- 32 Siete Cañadas** 126  
3/4 walker, 4 hours, 16.4 kilometres, ascents & descents  
200 metres, 1 refreshments (linear one way)
- 33 The Big One - Crater Rim Challenge** 130  
5 walker, 6½ hours, 18 kilometres, ascents 350 metres, descents  
1050 metres, vertigo risk, 2 refreshments (linear one way)
- 34 Parador - Paisaje Lunar - Vilaflor** 135  
5 walker, 4½ hours, 16.5 kilometres, ascents 450 metres,  
descents 1150 metres, 2 refreshments (linear one way)

- 35 Mount Teide - On Top Of The World** 139  
4/5 walker, 3 hours 20 mins, 10 kilometres, ascents 160 metres,  
descents 1350 metres, 1 refreshments (linear one way)

## WALKS IN THE ANAGA

- 36 Igueste de San Andrés - Semáforo** 143  
2 walker, 1¾ hours, 4.4 kilometres, ascents & descents  
415 metres, 1 refreshments (linear out and back)
- 37 Igueste de San Andrés - Chamorga** 145  
4 walker, 3¾ hours, 9.4 kilometres, ascents 840 metres, descents  
430 metres, 2 refreshments (linear one way)
- 38 Cruz del Carmen - Punta del Hidalgo** 148  
3 walker, 3½ hours, 11.3 kilometres, ascents 200 metres,  
descents 1080 metres, 4 refreshments (linear one way)
- 39 Cruz del Carmen Circular** 152  
4 walker, 3 hours 40 mins, 11 kilometres, ascents & descents  
460 metres, 4 refreshments (pan-handle circular)
- 40 Casa Carlos - Taborno** 154  
3 walker, 2 hours, 5 kilometres, ascents & descents 350  
metres, 3 refreshments (linear out and back)
- 41 Las Carboneras - Taganana** 156  
5 walker, 4½ hours, 14.3 kilometres, ascents 750 metres,  
descents 1200 metres, vertigo risk, 4 refreshments (linear one way)
- 42 Taganana Circular** 161  
4 walker, 4¼ hours, 13.1 kilometres, ascents & descents 910  
metres, 2 refreshments (circular)
- 43 La Ensilada - Chamorga** 164  
4 walker, 2¾ hours, 7.5 kilometres, ascents 300 metres, descents  
600 metres, 1 refreshments (linear one way)
- 44 Chamorga Circular** 168  
4 walker, 2¾ hours, 8 kilometres, ascents & descents 680  
metres, 1 refreshments (circular)
- Glossary** 171  
**Place Names Index** 173