



Walk! La Palma



CONTENTS

Contents	3
The Authors	7
Preface	8
Introduction	9
The Island	9
Climate & When To Go	10
Getting There, Getting About, Getting a Bed	10
What's in a Name	11
The Walks	11
Equipment	12
Risks	13
Flora & Fauna	13
Eating & Drinking	14
Other Things To See & Do	15
Symbols Rating Guide	17
Map Information	
Walk Locator Maps	18&19
Map Notes & Legend	20
Using GPS on La Palma	21

THE WALKS

SOUTH: SANTA CRUZ DE LA PALMA TO TAZACORTE

- 1 Monteverde: Pared Vieja - El Pilar** 22
3 walker, 2 hours, 6.5 kilometres, ascents & descents 275 metres,
1 refreshments (circular)
- 2 Pista de los Lomos - Montaña de la Breña - San José** 25
3 walker, 3 hours 20 mins, 15.5 kilometres, ascents 50 metres,
descents 900 metres, 3 refreshments (linear one way)
- 3 Barranco de la Madera** 28
5 walker, 4 hours, 10 kilometres, ascents & descents 700 metres,
vertigo risk 3, 2 refreshments (circular)
- 4 The Good, The High, The Low & The Bad** 31
3 walker, 3¼ hours, 14 kilometres, ascents 250 metres, descents
400 metres, 3 refreshments (linear one way)
- 5 Fuentes de las Breñas** 35
4 walker, 3 hours, 9 kilometres, ascents & descents 500 metres,
4 refreshments (circular)

- 6 Cumbre Nueva** 38
5 walker, 5½ hours, 18 kilometres, ascents & descents 850 metres, 3 refreshments (circular)
- 7 Cumbre Vieja: Pico Birigoyo** 42
4 walker, 1¾ hours, 4.5 kilometres, ascents & descents 350 metres, 1 refreshments (circular)
- 8 Cumbre Vieja: Ruta de Los Volcanes** 44
5 walker, 4½ hours, 19 kilometres, ascents 500 metres, descents 1250 metres, 5 refreshments (linear one way)
- 9 Cumbre Vieja: Volcán Martín** 48
4 walker, 2 hours, 6.5 kilometres, ascents & descents 420 metres, 0 refreshments (circular)
- 10 The Southern Volcanoes** 51
4 walker, 2½ hours, 9.5 kilometres, ascents & descents 350 metres, vertigo risk 1, 3 refreshments (circular)
- 11 Coladas de San Juan** 55
4 walker, 2¾ hours, 6.5 kilometres, ascents & descents 550 metres, 5 refreshments (circular)

NORTH-WEST: MIRADOR DEL TIME TO EL TABLADO

- 12 Mirador del Time - Puerto de Tazacorte** 58
3 walker, 50 mins, 3 kilometres, ascents & descents 600 metres, vertigo risk 1, 4 refreshments (linear one-way)
- 13 Tinizara - El Jesús** 60
2 walker, 2¼ hours, 9 kilometres, ascents & descents 200 metres, 1 refreshments (linear one way)
- 14 Risco de Las Pareditas** 63
5 walker, 2¼ hours, 9 kilometres, ascents & descents 600 metres, vertigo risk 1, 0 refreshments (circular)
- 15 Cuevas de Buracas** 66
4 walker, 2 hours, 4.5 kilometres, ascents & descents 250 metres, 4 refreshments (circular)
- 16 Hoya Grande** 68
3 walker, 1¾ hours, 6.5 kilometres, ascents & descents 150 metres, 2 refreshments (circular)
- 17 Santo Domingo** 70
3 walker, 2 hours, 10 kilometres, ascents 200 metres, descents 700 metres, 4 refreshments (linear one way)
- 18 Barranco Fagundo** 73
5 walker, 2¾ hours, 6.5 kilometres, ascents & descents 700 metres, vertigo risk 1, 5 refreshments (linear out and back)

- 19 Caldera de Agua** 75
3 walker, 3¼ hours, 8.2 kilometres, ascents & descents 300 metres, 4 refreshments (circular)
- 20 Caldera de Agua II** 78
4 walker, 2 hours, 7 kilometres, ascents & descents 400 metres, 4 refreshments (circular)

NORTH-EAST: EL TABLADO TO SANTA CRUZ DE LA PALMA

- 21 Two Short Walks In The North** 81
(a) Barranco de los Hombres
2 walker, 1¾ hours, 6 kilometres, ascents & descents 250 metres, 5 refreshments (circular)
(b) Montaña de las Varas
2 walker, 65 minutes, 4 kilometres, ascents & descents 150 metres, 1 refreshments (circular)
- 22 Barlovento - Gallegos** 84
4 walker, 2½ hours, 6 kilometres, ascents 400 metres, descents 300 metres, vertigo risk 1, 2 refreshments (linear one way)
- 23 Montaña del Pozo** 87
3 walker, 2¾ hours, 9.5 kilometres, ascents & descents 400 metres, vertigo risk 1, 3 refreshments (circular)
- 24 Barlovento to Los Sauces via the Mirador de la Baranda** 89
4 walker, 3¾ hours, 11.5 kilometres, ascents 400 metres, descents 650 metres, 4 refreshments (linear one way)
- 25 Los Tilos** 92
4 walker, 3¼ hours (but allow 4-5 hours), 12 kilometres, ascents 100 metres, descents 850 metres, vertigo risk 1, 3 refreshments (linear one way)
- 26 Cubo de la Galga** 97
3 walker, 2¼ hours, 7 kilometres, ascents & descents 500 metres, 3 refreshments (circular)

CALDERA DE TABURIENTE

- 27 The Devil's Wall** 100
2 walker, 2¼ hours, 7 kilometres, ascents & descents 100 metres, vertigo risk 1, 0 refreshments (linear out and back)
- 28 Roque Palmero** 102
4 walker, 1¾ hours, 6 kilometres, ascents & descents 300 metres, 0 refreshments (linear out and back)
- 29 Pico de la Cruz - Pico de la Nieve** 104
3 walker, 2¾ hours, 9 kilometres, ascents & descents 200 metres, 0 refreshments (linear out and back)

- 30 Pico de la Nieve** 106
3 walker, 2 hours, 6 kilometres, ascents & descents 300 metres, 0 refreshments (circular)
- 31 La Cumbrecita - Miradores de las Chozas & Los Roques** 108
2 walker, 1 hour, 3 kilometres, ascents & descents 140 metres, 0 refreshments (circular)
- 32 Pico Bejenado** 110
4 walker, 3 hours 50 mins, 12 kilometres, ascents & descents 850 metres, vertigo risk 1, 0 refreshments (circular)
- 33 Barranco de las Angustias - Cascada de Colores** 113
4 walker, 3¾ hours, 11 kilometres, ascents & descents 250 metres, 0 refreshments (linear out and back)
- 34 Los Brechitos - Playa de Taburiente - Cascada de la Fondada** 116
5 walker, 4¾ hours, 16 kilometres, ascents & descents 780 metres, vertigo risk 3, 0 refreshments (linear out and back)
- 35 Santa Cruz - Mirador de la Concepción - Ruta de los Molinos** 120
3 walker, 3¼ hours, 10 kilometres, ascents & descents 430 metres, vertigo risk 1, 5 refreshments (circular)
- 36 El Paso to San Pedro via the Cumbre Nueva** 124
5 walker, 3½ hours, 11 kilometres, ascents 630 metres, descents 1100 metres, 4 refreshments (linear one way)
- 37 Velhoco to Cumbre** 127
5+ walker, 5¼ hours, 14 kilometres, ascents & descents 1600 metres, 5 refreshments (circular)

Appendix A

Useful Information	131
Things To Do	131
Web Sites	131
Publications	132
Tourist Information Offices	132

Appendix B

Bus Information	133
-----------------	-----

Glossary	135
----------	-----

Place Names Index	137
-------------------	-----