



Walk!

Tenerife South

with

David & Ros Brawn

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DISCOVERY WALKING GUIDES LTD





Walk! Tenerife South



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the Authors



David and Ros Brawn moved to southern Tenerife in the spring of 1988. Finding a large resort filled with 'lost' tourists their first project was to produce the first integrated street plan of Las Americas/Los Cristianos whose current editions continue to provide the resort mapping that everyone uses - see 'Geranium Walk'. Discovering the resort hinterland resulted in the first 'Warm Island Walking Guide' for Tenerife South closely followed by guides for the North and West, then La Gomera and so Discovery Walking Guides was born.

Three decades later, David & Ros have hundreds of books and maps to their credit

and despite having to split their time between the DWG office (UK) DWG research (mostly Spain and its islands) and Brisbane Australia they still think of Tenerife as their 'Home' island.

Having pioneered the use of GPS for walkers they have surveyed and mapped many of DWG's destinations to produce the 'Tour & Trail' series of maps used to illustrate Walk! guide books and the popular 'Bus & Touring' maps. Along the way David became a member of the British Cartographic Society including contributions to its Maplines magazine.



Destinations covered by David & Ros for DWG include; Tenerife, La Gomera, Lanzarote, Gran Canaria, El Hierro, La Palma, Fuerteventura, Madeira, Mallorca, Menorca, Ibiza, Formentera, Alpujarras, Sierra de Aracena, Costa del Sol (Axarquia), Costa Blanca Mountains and Corfu.

Acknowledgements

Our thanks to the thousands, possibly tens of thousands, of people who have hiked these Tenerife South routes using our Walk! Tenerife books; including the many who have emailed us since our first Tenerife South Walking Guide was published in 1993. Here is where our love of hiking adventures started and while Walk! Tenerife has moved on to more adventurous hiking routes we did not want to lose our original collection of 'family friendly' adventures which can be accessed directly from the southern resorts.

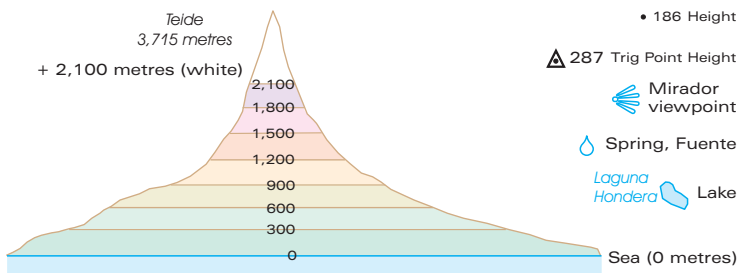
Map Notes & Legend

The map sections used in this book are taken from **Tenerife Hikers' Maps**. Map sections are aligned so that north is at the top of the page. Waypoint positions and numbers refer to the walking route shown in that map section.

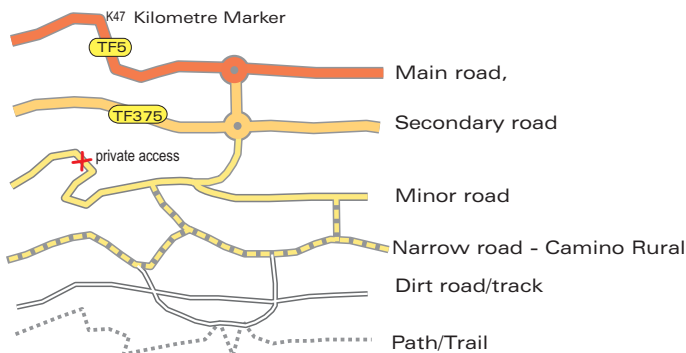
Tenerife Hiker's Maps consists of large scale (1:25,000 and 1:30,000 scale) full colour maps. For more information on DWG publications, visit:

www.dwgwalking.co.uk

Altitude



Roads, Tracks & Trails



Walking Routes



Symbols Rating Guide



our rating for effort/exertion:-
1 very easy 2 easy 3 average
4 energetic 5 strenuous



approximate **time** to complete a walk (compare your times against ours early in a walk) - does not include stopping time



approximate walking **distance** in kilometres



approximate **ascents/descents** in metres (N=negligible)



circular route



linear route



figure of eight route



risk of **vertigo**



refreshments (may be at start or end of a route only)

Walk descriptions include: timing in minutes, shown as (40M), compass directions, shown as (NW), heights in metres, shown as (1355m).

Notes on the text: Place names are shown in **bold text**, except where we refer to a written sign, when they are enclosed in single quotation marks. Local or unusual words are shown in *italics*.

BARRANCO DEL INFIERNO southern Tenerife's 'Official' Walk

Behind the county town of **Adeje** the **Barranco del Infierno** cuts into the southern mountains creating a spectacular gorge which is easily accessible from the top of the town. Once you could do this walk into the 'ravine of hell' from upper **Adeje** anytime you wanted, but due to the popularity of this route and the resulting environmental wear and tear, the authorities now control the numbers of visitors.

Check these access details with your local Tourist Office in the resort before setting out for Adeje. Phone **922 782885** to ensure a booking, advisable for all and mandatory for groups of more than 12 together. There is a total limit of 200 visitors per day, with no more than 80 on the there-and-back trail at any one time. The walk is open from 8.30 a.m - 5.30 p.m daily and costs 3 euros per person.

Barranco del Infierno is approximately 7km in total there and back and takes around 3 hours, with climbs and ascents of 180 metres. Note that the waterfalls at the end of the walk are less than dramatic in summer and are best seen in late winter or early spring (December to March). The authorities have improved the trail, making it significantly easier than when it was a wild trail with unrestricted access, making this a 'family friendly' adventure. If you are fit enough to walk up the steep street from the cannon outside Villa de Adeje to Otello's bar/rest then you are easily fit enough to enjoy this route.

On street car parking at the top of Adeje, start looking for a parking place once you pass Adeje Ayuntamiento (Town Hall) on the town's main street. On Titsa's bus services ask for the Barranco del Infierno when boarding. If your bus terminates at the bus interchange Adeje - El Cerco then you can walk up the main street Calle Grande to the church Iglesia de Santa Ursula on your right then swing left to continue past the Tourist Office up to the cannon outside Villa de Adeje. Turn uphill on the steep Calle de los Molinos to climb up to Otello's just below the entrance to the official walking route.

1 GERANIUM WALK - Tenerife's Most Popular Walk?

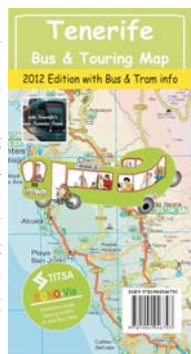
A mountain walker might think it's the **Barranco del Infierno** above **Adeje** where pressure of numbers now means you have to book your walk. Possibly **Barranco de Masca**, beloved of guided walk organisers with a boat return to **Los Gigantes**, or perhaps **Siete Canadas**, another guided walk favourite.

Think again. Tenerife's most popular walk is the sea front promenade/pavement that extends from **Costamar** apartments on the south-east outskirts of **Los Cristianos** heading around the coast, taking in all the beaches of **Los Cristianos**, **Playa de las Americas**, **San Eugenio**, **Torviscas**, **Playa Fañabe** and **Costa Adeje** before it finishes over ten kilometres later at **La Caleta**.

Geranium Walk dates back to 1988 when we were waiting for our BookSwop shop to be fitted out in **Puerto Colón** marina, at that time the western limit of the resort. Hardly anyone knew where **Puerto Colón** was, certainly not first time visitors, who seemed to be permanently lost throughout their holiday. So in the absence of any street plans we set out to produce the first **Las Americas/Los Cristianos** combined street plan - we walked all the streets and walkways to produce our first map. Then what better way to promote our business than to invent a walking route that finished at **Puerto Colón** overlooking the BookSwop. Published in September 1988, our new street plan was taken up by everyone while Geranium Walk appeared in the local English press as a 'spoof' walking adventure including such descriptions as 'scaling the Bouganville Alps'. We named the walk after the pink pelargoniums which lined the promenade between **Pueblo Canario** and **Puerto Colón**, the route featuring in our very first Tenerife South Walking Guide. So popular was this promenade adventure that when the authorities came to name the resort's streets, they used our street plan and 'Geranium Walk' became the official name for this coastal promenade.

Three decades since its inception, Geranium Walk has been extended north-west as far as the traditional fishing village of **La Caleta** giving us over ten kilometres of promenading without ever having to cross a road. Much of its length has been upgraded and refurbished to provide a world class promenade.

All resort life is here; cafés and restaurants abound, shops offer everything from 'tourist tat' to full designer wear, beaches abound; plus if you don't fancy walking back from **La Caleta** you can always catch the frequent Titsa N°418 bus service back to the main areas of the resort. You can even use Geranium Walk to access our southern routes of Walk 2 Life in the Raw, Walk 3 Barren Grandeur, Walk 4 Mount Guaza and Walk 5 Coastal Escapism. So if you fancy a seaside promenade, look out your street shoes, take some pocket money for those ice creams to die for at **Sal y Tien**, and be ready to experience one of the world's great sea-front walking routes. For a street plan of your route and bus information see our Tenerife Bus & Touring Map.



2 LIFE IN THE RAW

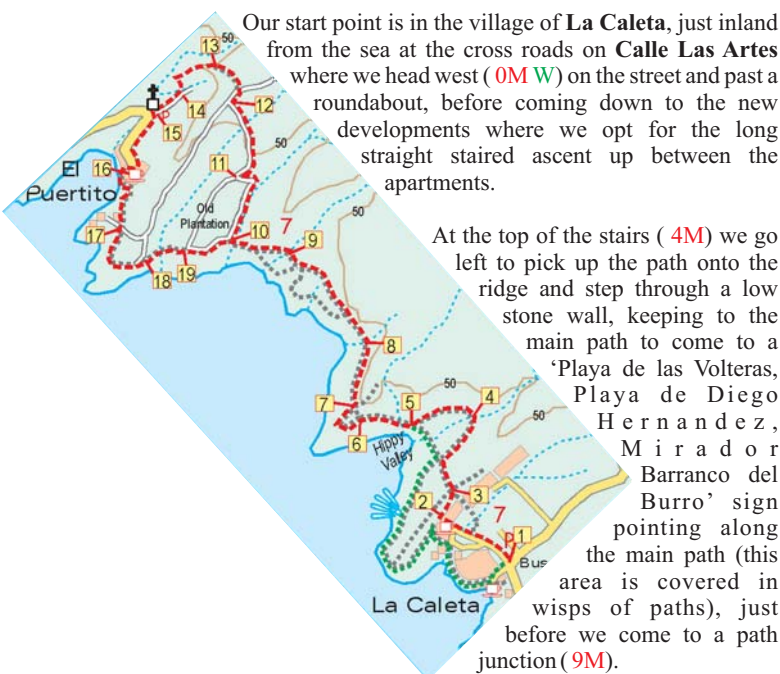
This walk leaves tourism behind and heads off into countryside, providing an excellent introduction to the rugged southern landscapes. Our route begins in **La Caleta** and follows coastal paths, taking in the hippie colony at **Spaghetti Beach**, beaches and *barrancos* on our way to **El Puertito** for refreshments before returning.

Since we first walked this route, **La Caleta** has expanded from a little coastal village into the last outpost of the **Fañabe** tourist development complete with hotel, apartments and a more frequent bus service. Development has added an extra dimension to our route, making for a complete contrast between our start point and the wild country that lies beyond the first ridge, just six minutes away.



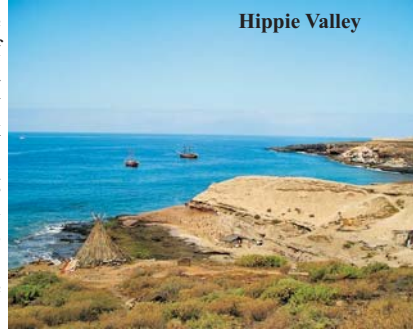
Access by car: **La Caleta** is north of **Playa de las Américas**, above **Costa Adeje**. There's a car park and on street car parking near the cross roads in **La Caleta** or on **Calle LesArtes**.

Access by bus: N^os 416 and 418 services to and from **Las Americas/Los Cristianos** approximately every 40 minutes.



Here we have a choice of routes into **Hippie Valley**; ahead is the steeper route, while we take the right hand option marked as suitable for wheelchairs!

Once named **Spaghetti Beach** in the days when an Italian naturist chef cooked here wearing only a sea captain's cap, this 'alternative' valley is dotted with hippie shacks of rock boulders and palm fronds, and tepees. The path runs around the valley giving us an arms' length view of their natural lifestyle, crossing the valley's watercourse on a stone-laid section, before it runs gently down to meet the shorter route (**15M**).



Our path climbs gently before starting a steep ascent of the valley's western wall. Just before the top of our climb a path goes left as we continue up to a junction of paths where we continue ahead to a *mirador* cairn set on the headland. From the *mirador* we head inland, meeting the paths from the top of the ascent where we keep left to pick up the main path again (**24M**). Continuing ahead, we cross the high ground and begin dropping down into *barranco* country, waves breaking far below us as we descend on the well-made trail to more hippie encampments in the *barranco*. This large cove is formed by three *barrancos* meeting the sea, giving rise to interesting geological formations.

We cross the watercourse (**27M**), then climb gently uphill, staying on the main path and ignoring side paths off to camping areas. Over the headland between the two *barrancos*, our path is now stone over rock, heading towards long-abandoned plantations on the far side of the second *barranco*. We begin to drop into this second *barranco*, the path much less clear now until it crosses the watercourse (**31M**).

As we ascend we come onto a clearer path which meanders along to the remains of an old dirt road that becomes concrete as it climbs towards an abandoned plantation. The concrete ends on a spur and we drop into another small *barranco* before climbing rock sheets, up to a dirt road around the old plantation (**42M**).

Looking across to the towers of Playa Paraiso



We follow the dirt road inland, running up into a valley past abandoned terraces before becoming water-eroded as it curves up and round the sad terraces to the end of the plantation walls and a T-junction (**46M**).

Turning right, we follow the dirt road inland in a steady climb, the towers of **Playa Paraiso** coming into view,

crossing the valley's watercourse and coming up to a T-junction (50M). We turn inland onto the more major dirt road for a few metres to find our path off left, crossing an old stone water channel, our path widening to almost dirt road width and curving into the *barranco* with **El Puertito** on our left.

The path swings left to an electricity pylon and a path runs along the spur of bare rock before becoming indistinct. We continue down the spur to lose height before we need to leave the ridge and scramble down the rocks and stone slopes to meet an old dirt road at the back of the village (62M) which takes us to **El Puertito's** small church and parking area where we step onto the tarmac road curving down onto the sea front of **El Puertito** and **Pepe y Lola's** little bar (70M).

After refreshment we begin our return (0M) by walking in front of the bar and following the path which wriggles between the jumble of houses to climb out of the bay and onto a headland where we pick up the coastal path. We cross a dirt road (5M) and continue on the coastal route, passing a *Espacio Natureleza Protegido* signpost with no board as we head towards the old plantation that we skirted on the outward route. Our route widens to a dirt road, taking us to the edge of the *barranco* and onto a path which descends to its floor, crossing it on an old stone wall and climbing up towards the banana plantation on the next headland, heading towards its nearest corner where rock steps take us up to the level of the plantation and a dirt road (10M).

Following the dirt road right, we meet our outward route and retrace our steps across the *barranco* before descending the concrete and dirt road.

Now it's simply a case of retracing our outward steps, possibly taking the steep short cut across **Hippie Valley** to arrive above **La Caleta**.

Here, if it's not windy, you could venture out along the point for the spectacular views into **Hippie Valley** seascape before descending to the village to seek refreshments.

On the return



3 BARREN GRANDEUR

Deserts and deserted coastlines have a beauty all their own. Here we have a linear route crossing the **Guaza Plateau** then dropping into **Palm Mar** before heading out along the deserted coast to **Faro de Rasca**. From the *faro* we continue along the coast to finish at the selection of restaurants on **Las Galletas** sea front, with a link to Walk 5, 'Coastal Escapism', if you want to continue on to **Los Abrigos**. Originally published as a circular route, we now include this option as an 'alternative finish' if you're looking for a 'desert & plateau' circular tour.

Quite a number of adventurous tourists tackle the path running up onto the **Guaza Plateau**, where, if without a guide book, they tend to follow the main paths over the plateau onto the main track, then descend to **Los Palos Golf** to face a hot road walk up to **Guaza**, from where there is the new road around the north of **Mount Guaza** back to **Los Cristianos** - a far from pleasant route with too much road walking alongside fast traffic to include as an 'official route', and certainly no match for 'Barren Grandeur'. The prize for the 'most lost tourists' must go to the three lads with towels over their shoulders that we met striding up the final track of **Mount Guaza** looking for 'the beach'!



* 4 on **Las Galletas** seafront, 1 in **Palm Mar**

Access by car: Follow the main dual carriageway of **Avenida de Los Cristianos** down to its roundabout to continue straight over passing the **Gran Arona** hotel on your right to a junction by the **Costamar** apartments. Continue straight ahead on the **Avenida Amsterdam** and after it swings left, start looking for an on-street parking place.

Access by bus: Take any bus to **Los Cristianos**, then follow the 'Access by Car' with the option of our alternative start from the **Costamar** apartments.

LOS CRISTIANOS TO PALM MAR

Alternative Start

From the **Costamar Apartments** at the southern end of **Los Cristianos (0M)**, we follow the tarmac lane down to a walled villa to swing left and follow the beach path along to an *Espacio Naturaleza Protegido* sign where we climb up onto a path to start zigzagging up the cliffs - alternatively, walk along in front of new villas to new stone steps and climb up to the traditional route. Our well-marked path gets rougher as we climb, to join our 'official' route at a junction with a new path coming in from our left.

Official Start

Approx halfway up the northern leg of **Avenida Amsterdam** a path drops into the water-runoff and up to a 'Protegido' sign (**0M**) we follow the path as it angles across the open land to join the old path (**3M**). Our path gets rougher, changing from dirt to broken rock as we climb up through a hairpin bend and keep steadily ascending until the route turns into a cleft (**9M**) approximately half way up the cliffs; if you look towards **Los Cristianos** at this point, you'll be facing directly towards the **Princesa Dacil Hotel**.

We take a faint path which climbs steeply away from the main walking route (**SW**) to pass a small cave. We're now climbing above our earlier route, and our path becomes more defined. Up through a hairpin bend, then another, we continue up onto the plateau to go over a crest and meander into a shallow valley to a T-junction with another path (**23M**). Heading right (**SW**), we follow the path to



a bald knoll, once a *parapente* launch point, giving us beautiful views down onto **Los Cristianos** and inland to **Mount Teide**.



Beautiful views from the plateau

We go south-west on a path which drops into a *barranco*, where we cross its watercourse, then climb its southern side back up onto the plateau to curve around the cliffs before turning into a valley where our path contours round to cross the watercourse (**33M**), before bringing us back above the sea. Our path wanders through a landscape of tumbled valleys (**SSW**) which drop into the sea on our right until we meet a larger *barranco*. Small shale heaps show that this was once a stone-cutting area, as we head inland past a shattered rock before crossing the *barranco* floor (**41M**) and heading seawards; before reaching the sea our route swings left (**S**) into a small valley littered with shale heaps. Cresting a small rise, we see a large stone quarry on the far side of a valley; curving left, we descend into the valley and cross the stream bed (**48M**) below a second quarry.

Although the main path leads off to the further quarry, we look for a path on our left which climbs up alongside this quarry to become clearer when we are upon the plateau. Now it's easy strolling (**SSE**) past a path off to the left (**44M**) by the remains of a cairn, to the top of the cliffs overlooking **La Arenita** beach at **Palm Mar**. In a few metres we meet a path coming from the plateau on our left (**48M**), a cairn marking the start of the path's descent down the cliffs.

On the path, we go right and left past the substantial cairn to start descending the wall of a valley to a path junction (Wp.13) where a trail heads north back onto the plateau. From here we have an adventurous descent, and care is needed due to the loose stones which litter the generally well-made path. We wind down the wall of this sharp valley towards the beach, our route taking to bare rock where a section of path has fallen away. The path drops steeply down below a burnt orange rock outcrop for an almost scrambling descent before our route runs out into a tumbled landscape to a 'protegido' sign (**73M**). We swing down an old track to arrive on a dirt road which runs alongside the large pebble beach.



Los Cristianos

Turning left, we are just an easy stroll away from the new promenade that is the seaward face of modern **Palm Mar** (77M). If you want to take a break at this point, head inland onto the 'main' road to choose between the new **Brussels** tourist bar or continue and behind the **Trattoria** restaurant you will find **Bar Super**, a modern version of a rustic *tipico* for snacks and drinks.

Palm Mar

Guaza Plateau

PALM MARTO FARO DE RASCA

On the seaward side of **Palm Mar (0M)** we stroll along its new but little-used promenade to come onto a road and up to a mock tower where we find a track heading towards the *faro*; the mock tower is an imaginatively designed sewage pumping station.

Our track undulates along to a large parking area (**16M**) where we take to a

A foaming inlet after Palm Mar



narrow walking trail winding its way amongst the lava foreshore to bring us onto a small flood plain. Across the sandy plain, we come through a tumbledown wall back onto the coastal path, faint at first but then gradually becoming more defined as we follow the line of the rocky coastline to come along to battered ‘protegido’ sign at the end of a stone track (**36M**). A boulder with a red bull’s-eye marks our path’s continuation through the *malpaís* past rock shelters and a pair of foaming inlets.

Across a sandy area, we continue amongst tumbled lava and over a ridge crowned with rock shelters which overlooks a

pretty bay. Our route heads south-south west to crest another ridge, then comes to a junction overlooking another picturesque bay (**49M**). Now we head inland on a rough rock road onto a flood plain to head inland on a sandy path to a dirt track (**56M**).

Going left is our ‘Alternative Return to Los Cristianos’, while we turn right to cross a track junction and continue up to the *faro*’s access lane to reward ourselves with a break on the lighthouse steps (**66M**).



FARO DE RASCATO LAS GALLETAS

This route forms a section of our coastal route which links to **Las Galletas** and the start of our **Los Abrigos** route. This section starts well but becomes uninspiring, so look forward to the sea front restaurants!



Faro de Rasca



To the east of the *faro* is a huge covered banana plantation, and our first target is the seaward corner of this great tented structure. From **Faro de Rasca** we walk to the vehicle barrier on the tarmac lane and swing right (**0M**) down a rough sloping track.

From the bottom of the slope, a faint walking trail meanders eastwards (**E**) through the rocks, faint at times and with alternative paths but we keep generally heading for the plantation, before climbing up to a ‘protegido’ signpost (**16M**), at which point we drop down onto a broad dirt road on the seaward corner of the plantation

We stroll (**E**) between the massive foundations of the plantations and an impressive rocky coastline for over a kilometre, passing a tarmac plantation road before coming to the end of the dirt road and plantation (**30M**). We squeeze around a palm tree and boulder barrier to enter an area of *malpais* where agriculture was abandoned decades ago.

A path takes us north-east alongside an old boulder wall; at its end (**34M**), we continue on a path heading for **El Fraile**. We pass the crumbling walls of old plantations to reach a cairn (**39M**) guiding us onto a trail which winds across the abandoned landscape, more cairns confirming our route. At a junction of tracks and trails (**50M**) yet another cairn guides us along the trail heading



towards **Las Galletas, El Fraile** now on our left.

We take a well-defined path (**53M**) heading for the Red Cross 'Cruz Roja' building, passing small bays and wild camping before coming up to the Cruz Roja car park (**66M**). We now have an easy stroll along the pavement to **Las Galletas** for refreshments in one of the sea front restaurants.

LINK FROM LAS GALLETAS TO THE START OF WALK 5 'COASTAL ESCAPISM'

Walk east (E) through **Las Galletas** to come onto the main road heading north. Head inland, then turn off at the **Ten Bel Commercial Centre**, to walk east and then north to the **Chapparal Commercial Centre** with its totem poles. Continue east, passing **Chayofita** on your left and coming to the traffic island. From this point, choose either to go left then right, or right then left, to reach the alternative start points of our 'Coastal Escapism' route to **Los Abrigos**.

ALTERNATIVE FINISH - FARO DE RASCA TO LOS CRISTIANOS

Refreshed (0M), we retrace our route down into the *malpais* until we come to the second dirt road junction where we go right (N). At the end of the dirt road where it turns back on itself (Wp.31), we cut across the open *malpais* (NW) to strike a dirt road for us to head north. Passing dirt roads off to our left our dirt road curves around **Montaña Rasca** with a low stone wall on our right. It's easy strolling across the plain, passing more dirt roads off to our left before we come up to a T-junction.

Going right, we start climbing on the rough road to pass a 'pa' sign (**25M**) and continue ascending between red hills before curving left to cross a gentle plain ringed by small hills. Our road climbs gently up through a pass in the red hills to drop into a second plain with a fruit plantation away on our right. A second gentle climb through a second pass brings us to overlook the **Palm Mar** road and a gentle stroll down past the locked barrier (**37M**).

We walk inland on the tarmac passing a walled bungalow, to just before **El Palmar** where we find an old dirt road marked by a 'pa' sign (**47M**) which climbs up onto the **Guaza Plateau**, the chain barrier by the 'pa' sign superfluous as the road has eroded to the stage of being impassable to vehicles. It's a hard slog up what remains of the road to climb above the restaurant and banana plantations as we curve towards the west

A large cairn marks the end of the main climb as the gradient moderates to bring us up onto the plateau (**63M**). Here, by a small cairn, we step through a tumbled wall onto a walking trail lined with stones to come onto a dirt road. Our dirt road curves towards **Mount Guaza** (N) bringing us up to a T-junction below the farm where we go left (W). When the main dirt road goes right we continue straight ahead on a dirt road which curves round abandoned terraces. After descending gently, the dirt road swings left (**82M**) as we continue ahead on a walking trail to come onto the main path up from **Los Cristianos**. Once on the main path, it is all downhill - not that this is a relaxing section as the loose rocks littering the route demand care for every step. Halfway down the cliff face, we meet our outward route to retrace our steps back to **Avenida Amsterdam** or the **Costamar Apartments**, **105 minutes** from **Faro de Rasca**.

4 MOUNT GUAZA

Seen from the motorway, **Mount Guaza** appears inaccessible and so it is - but our route takes us up from the **Guaza Plateau** on an easy, but very strenuous, climb to the summit (**428 metres**). Being so close to **Los Cristianos** and 'because it's there', some people climb to the summit by accident; unbelievable once you've done it, but true - when we last walked **Mount Guaza** we met three guys with towels across their shoulders asking "Which way to the beach?"! No refreshments on the route, though plenty when you get back to **Los Cristianos**.



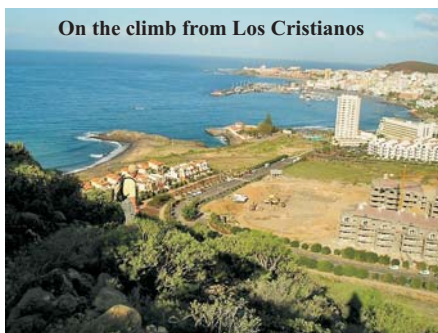
Access by car: follow the main dual carriageway, **Avenida de Los Cristianos** to its roundabout and continue straight over, passing the **Gran Arona Hotel** on your right to a junction by the **Costamar Apartments**. Continue straight ahead on **Avenida Amsterdam**; after it swings left look for an on-street parking place.

Access by bus: any bus to **Los Cristianos**, then follow the 'Access by Car' with the option of our alternative start from the **Costamar Apartments**.

We start on the newish walking trail between the **Playa Graciosa** and **Paradise Park** developments on the edge of **Los Cristianos** (**0M**) by taking the steps down into the water runoff and setting off on the neatly manicured path for a gentle stroll up to join the traditional walking trail (**3M**). Turning uphill, we start climbing seriously through a zigzag, the path getting rougher while **Los Cristianos** gets smaller, then passing the turnoff of our **Palm Mar** route (**8M**).

The going gets rougher as we come to a tempting path straight ahead (**13M**) but climb right on the main path. We keep ascending with our route swinging right to follow the *barranco*, passing paths off to our right before coming to the junction (**16M**) with our return from **Faro de Rasca** route (Walk 3, 'Barren Grandeur').

We continue straight on - thankfully gradient free - beside an old water channel along the lip of the *barranco* until our path starts climbing up through the tumbled walls of old terraces before returning to the *barranco*'s lip. There's more ascending through old terraces, including a section where the path splits in two before rejoining, which brings us up to the end of an old dirt road (**21M**). We swing left to walk up a path facing the intimidating bulk of the mountain, the *barranco* dropping away on our left, to slog our way up to join the **Mount Guaza** dirt road (**27M**).



If you thought it was energetic so far - well, now it gets tougher as we slog up



the wide and dusty dirt road, passing an old walking trail on our left before passing the vehicle barrier. The road swings right after the barrier to climb up to a hairpin bend with panoramic views, **Los Palos Golf** standing out like an emerald jewel amongst the dull, tented banana plantations. After a break for the views, it's back to slogging uphill, hills on our right and a *barranco* on our left, a seemingly endless ascent ahead on the dusty road. Cresting a rise (39M) we have a short section of downhill before the ascent is rejoined. Finally, the tops of aerials come into view as we walk up to a junction (56M) where a new dirt road sweeps left around the *caldera*. Straight ahead, we climb up the old road to pass a large cairn and then a final steep slog brings us up to the trig point amongst the old transmitters (63M).

Technically, this is the top of our route - but not the end, as after a break to recover we continue down the old jeep trail (0M) to come down to the second set of transmitters for views over **Playa de Las Américas**. Now it's easy strolling along the new dirt road and past the newest transmitters, then down to a junction where we go out to a *paraperite* launch point for views over **Los Cristianos** and our start point way below us. Back on the dirt road, an easy stroll and gentle uphill bring us back to the junction with our outward route (20M). It's all downhill now (!) remembering to take as much care on the descent as the ascent, particularly on the very rough path down from the plateau, and we are back at our start point after 145 minutes, including a 17 minute break (to recover) at the trig point.

5 COASTAL ESCAPISM

This coastal walk is surprisingly interesting with its dramatic coastline and geology, quite in contrast to the boring landscape inland from our route. It's a good hike that works up an appetite for lunch in the **Los Abrigos** seafood restaurants, and is an ideal escape for those staying on either **Amarilla Golf** or **Golf del Sur** who can join the route as it follows the coast just south of each resort.

Dramatic coastline and geology en route



It's tougher than it looks on the map, although you can opt to finish the walk at **Los Abrigos**, in which case time and distance are approximately halved.



Access by bus: Routes N°s 467 & 470 link **Playa de Las Américas** and **Los Cristianos** with **Costa del Silencio**. Return from **Los Abrigos** on the 470 or 483.

Access by car: Park near **Coral Mar** or **Chasna** in **Costa del Silencio** (see start of the walk description below) and bus back on the N°470 if you want to finish at **Los Abrigos**.

Choose your starting point

Our start point in **Costa del Silencio** depends on the sea and wind conditions.

Rough sea start

If the sea is turbulent we start at **Coral Mar** and walk across to the *Espacio Naturaleza Protegido* sign to follow a clear path alongside a wall around the base of **Montaña Amarilla** which undulates gently along, passing a path off right. We continue until we come just above a barrier to our left on a dirt road, where we head downhill and seawards, passing a junction of dirt roads while looking for another *Espacio Naturaleza Protegido* sign down on our left. This marks the 'official' path which we reach in the maze of dirt roads and paths in this confused area (**12M**).

Calm sea, low tide start

When the sea is quiet and at low tide we start off from the pebble beach below **Chasna**, to follow the shoreline around the rocks below **Montaña Amarilla**. We pass an *Espacio Naturaleza Protegido* sign and **Montaña Amarilla** on the left (**4M**), and begin to negotiate the rocks (popular with naturists at weekends and holidays, so watch where you put those boots), taking care as they are slippery.

The slippery rocks end (**9M**) and we climb a slope of rock to ascend onto the headland, where we find the coastal path (**16M**) which winds around between

the impressive coastline and the *malpais* inland, before dropping down to a ‘pa’ sign in a gully. Once on the official path, route finding is easy. We pass a junction of paths where a staired route climbs **Montaña Amarilla** and another route goes left as we continue along the coast. A path runs off right to run around the headland (18M) as our walking trail meanders through this *malpais* landscape with the rugged coastline on our right, passing another cross roads of paths (20M).

Now **Amarilla Golf, Golf del Sur** and **Los Abrigos** come into view ahead. A path runs back left towards **Montaña Amarilla** (24M) as we join our alternative starting point near an *Espacio Naturaleza Protegido* sign.

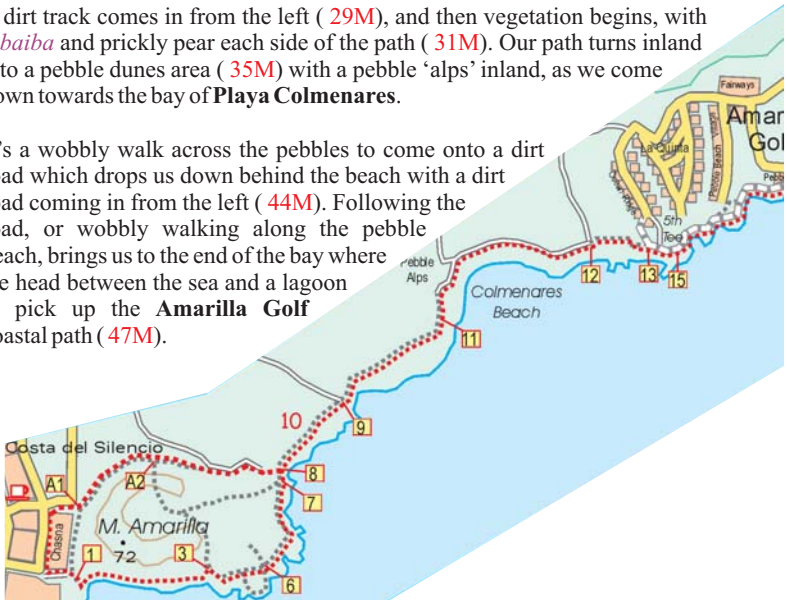
Alternative, energetic start

Yet another start is to climb **Montaña Amarilla** (steeper than it looks, and dangerous if windy) to its summit and then follow the right hand path around the rim of the *caldera* before dropping down and heading seawards to pick up the coastal path.

The onward route

A dirt track comes in from the left (29M), and then vegetation begins, with *tabaiba* and prickly pear each side of the path (31M). Our path turns inland into a pebble dunes area (35M) with a pebble ‘alps’ inland, as we come down towards the bay of **Playa Colmenares**.

It’s a wobbly walk across the pebbles to come onto a dirt road which drops us down behind the beach with a dirt road coming in from the left (44M). Following the road, or wobbly walking along the pebble beach, brings us to the end of the bay where we head between the sea and a lagoon to pick up the **Amarilla Golf** coastal path (47M).



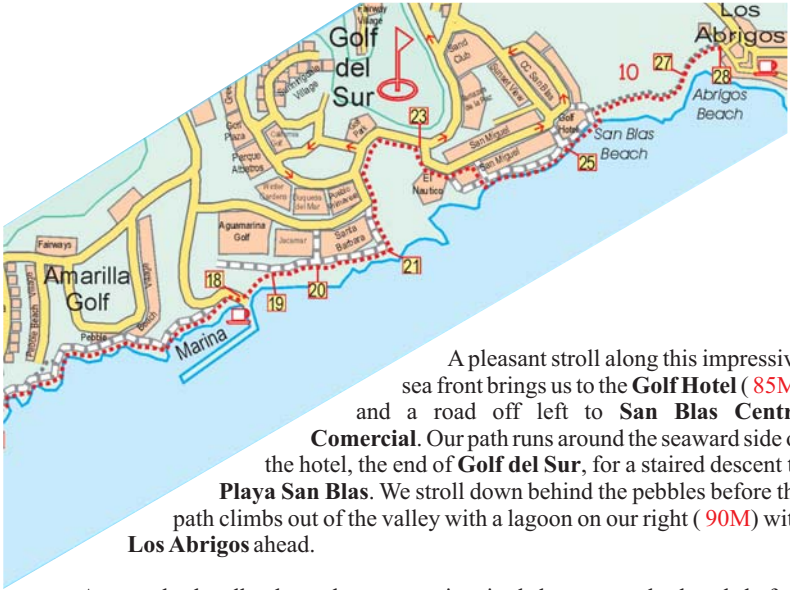
This well-made path has the steepest ascents and descents of the whole route as it runs along the impressive coastline at the edge of the golf development. We pass a dirt road which runs left into **Amarilla Golf** as we continue on the coastal path, passing the 5th tee on the left. The path takes us past



Looking back from Amarilla Golf coastal path

apartments and a road off on our left (52M) and then a path left, which short cuts the ridge before running out at the entrance to the marina (64M).

After negotiating the marina bar we head east, and a path leads us up onto the black coastal walkway of **Golf del Sur** (67M), passing a walkway to the left to stroll along past the **Santa Barbara** timeshare to follow the black path inland (72M) for us to come up to a road junction. Note: an alternative is to follow a well-walked path that follows the coast. We go right, turning onto **Calle San Miguel** and into **San Miguel** with **El Nautico** on our right and taking a footpath onto the sea front walkway (80M).



A pleasant stroll along this impressive sea front brings us to the **Golf Hotel** (85M) and a road off left to **San Blas Centro Comercial**. Our path runs around the seaward side of the hotel, the end of **Golf del Sur**, for a staired descent to **Playa San Blas**. We stroll down behind the pebbles before the path climbs out of the valley with a lagoon on our right (90M) with **Los Abrigos** ahead.

Across the headland, we have a semi-staired descent to the beach before ascending on a paved walkway to the edge of **Los Abrigos** (97M) which offers us a choice of bars and restaurants. If you'd prefer to ride back, regular bus services run between **Los Abrigos** and the resorts of **Costa del Silencio**, **Los Cristianos** and **Playa de las Américas**.

Our return to **Costa del Silencio** follows the same route, but as we approach **Montaña Amarilla** we have the alternative of following the base of the mountain on its inland (N) side. To take this alternative route, at the end of the dirt road leaving the *protegido* area marked by the signpost we begin to turn inland, passing a junction of dirt roads.

Just before a gate across the dirt road we take an easy path which runs around the base of the mountain, ignoring a path off left which runs into the *caldera*. As we enter the buildings of **Costa del Silencio**, we leave the path round the mountain near the **Chasna** building to walk the few metres (S) back to our start point.

6 WALKERS WHO LUNCH

Here we have combined our easy route from **Vilaflor** to **La Escalona** with our original 'Walkers Who Lunch' to produce a delightful downhill stroll through bucolic countryside and rural settlements taking in the county town of **Arona** before finishing with a tarmac descent into **Valle San Lorenzo** where our choice is to lunch in **Café Paraiso** before bussing back to the resorts. All of country life is here and we make no apologies for much of the route being easy strolling on tarmac lanes; just the antidote to those hard mountain routes!



Access by bus: N°342 from **Playa de Las Américas** and **Los Cristianos**, N°482 from **Los Cristianos**. Return on the 416 or 418; the bus stop is just outside **Café Paraiso** in **Valle San Lorenzo**.

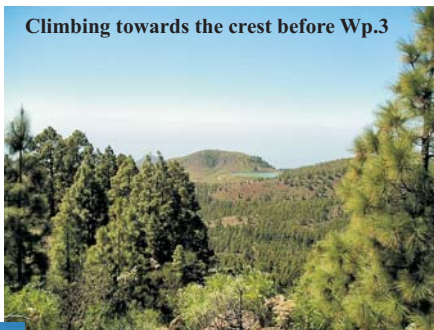
Access by car: linear route, not suited to car access.

We begin with a relaxed ride up to the first bus stop in **Vilaflor**, giving us a chance to look over the countryside that we'll be walking through. From the bus stop, we walk downhill to start out from **Snack Bar El Teide (0M)**, from where we walk south, back down the TF-51 pavement to a dirt track heading right (**4M W**) beside the 'Bar Artesania' sign.

You can also reach this point by starting out along the TF-21 **Granadilla** road and then turn right to follow a village street which emerges onto the TF-51 at our (**4M W**) point..

Taking the dirt track, we face a steady ascent between old terraces to come up to the crest

Climbing towards the crest before Wp.3



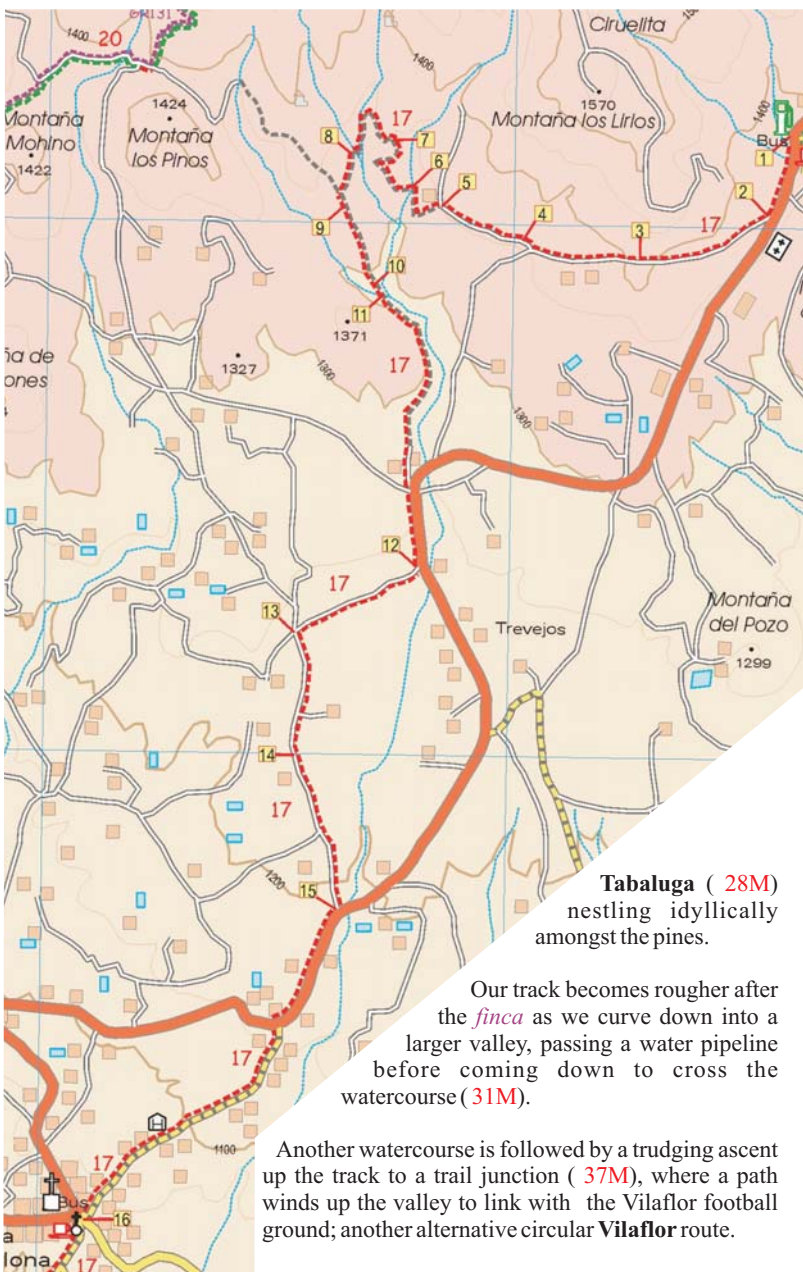
The old waypost to Vilaflor



of a pine-dotted ridge by an old garage (**13M**).

Over the crest, we head downhill on the track past two small *embalses* before twisting down into the valley; as we cross the valley floor (**22M**) an old waypost marks a trail heading up the valley, an alternative route up to **Vilaflor**.

Directions are easy at this point as we stay on the track, gently descending the western side of the valley to come amongst Canarian pines before climbing over a small ridge to the solar-powered **Finca**



Tabaluga (28M)
nestling idyllically
amongst the pines.

Our track becomes rougher after the *finca* as we curve down into a larger valley, passing a water pipeline before coming down to cross the watercourse (31M).

Another watercourse is followed by a trudging ascent up the track to a trail junction (37M), where a path winds up the valley to link with the Vilaflor football ground; another alternative circular **Vilaflor** route.

Our track zigzags through the lower pine forest, becoming more water eroded as we progress, bringing us to a trio of cairns on the south of the track (44M); this junction is easy to spot, - it's important not to miss it.

Pine needles deeply cover the ground around the three cairns, hiding any sign of a path but as we head south amongst the trees and shrubs a cleared path

The cleared area at the end of the *lomo*



appears; quite a well-walked path, as we pass an old rock wall on our right to run out onto a cleared area at the end of a *lomo* before coming amongst trees once again (48M).

Now we steadily descend the line of a *lomo* between valleys, passing a cairn before clambering down to another cleared area.

Over a steel water pipe, we continue downhill on a hunters trail (53M) to join the trail coming down from the cairn; now we follow the line of a polished boulder watercourse, coming onto the boulders by a cairn (55M).

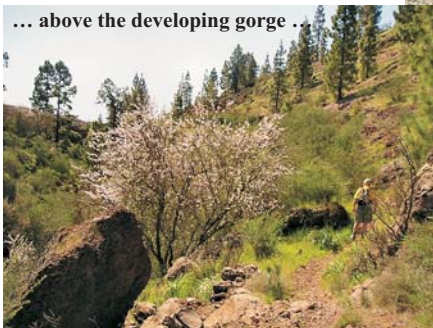
We head along the watercourse to the path's continuation on the right hand bank, above a dry grey-rock waterfall.

Our narrow path crosses a large pipe which crosses the *barranco* on an aqueduct, as we continue above the developing gorge on our left, to views



The grey-rock waterfall

... above the developing gorge . . .



across to a staired descent accessing almond terraces in the *barranco* floor.

Ahead is the **Vilafior** TF-51 road, as our trail widens out to a track running above the steep ravine before bringing us to the road.

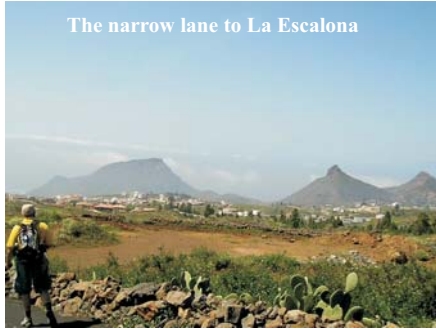
We walk down the edge of the main road to a dirt road junction (74M) to go right on the main track (not the gated track), to head out into the farmlands of the **Ifonche** plateau. It's easy strolling, between low stone walls to reach a tarmac junction (81M) where we go left (S) signed for **Finca Trevejo**.

More easy strolling takes us past a *finca* (86M) with the unusual feature of a bird enclosure of almost aircraft hanger proportions, then on to a junction by **Finca Odette** where we keep straight ahead down between *embalses* for our track to run out onto the main road again by a 'Finca La Cucaracha' sign (95M).

Once more we walk down the main road, though you could take a track paralleling the TF-51 for part of the way, passing a horse riding centre before coming to the junction for **El Nogal**, an upmarket country hotel that sits beside the narrow one-way lane dropping from the junction.



At the sign for Finca Trevejo



The narrow lane to La Escalona

Taking the lane, an old donkey trail, then tarmacked and now thoughtfully restricted to one-way traffic, we have a steep descent accompanied by superb views.

At first there are only a few houses and the **Hotel El Nogal**, but after passing **Casa Blanca** (1925) our route

becomes a terraced street dropping steeply down to the junctions opposite **La Escalona** square and church (110M), while ahead is the welcome sight of **Bar La Curva**.

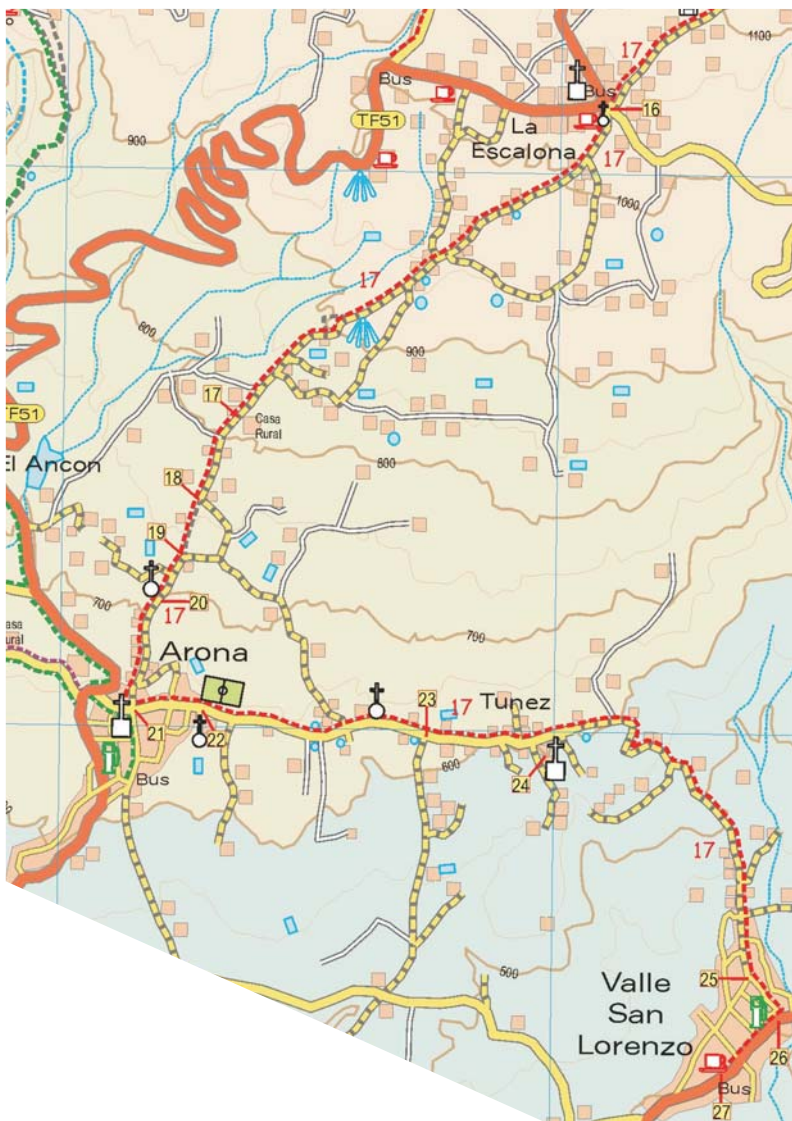
After light refreshments we set off on the second part of our country adventure (0M) by narrow road that curves round from the bar, the **San Miguel** TF-565 road is on our the left, to the right past a small *ermita* to overlook the downhill continuation of our route.



La Escalona church square

Below us a vista of mountain slopes and peaks roll away to the coastal plain. The road, once the main donkey trail down to the county town of **Arona**, pays lip service to vehicles with a thin covering of tarmac, but few drivers know of or use this unmapped road. It is all downhill as the

road drops steeply between farms, some working, others abandoned, and modern villas. Tarmac tracks lead off our narrow tarmac route, and terraces line both sides of the route, citrus groves and vines alternating with wild cacti, aloes, yuccas and endemic species.



Over on our right the mountains of **Conde** and **Imonde** dominate the landscape while we look down on the main road that climbs up the valley. Descending through this bucolic landscape, we pass old and new houses, this little route now becoming a popular place to build your large villa in the country, including the *Casa Rural Correa del Almendro*, until we come to where the *camino rural* swings sharp left.

Ahead, we go down a section of the old stone-laid donkey trail, passing an old farmhouse undergoing renovation, before rejoining the tarmac.

A few metres on, we come to a cross and a thoughtfully placed bench seat for a relaxed break at this point. The road continues steeply down, becomes **Calle**

... a thoughtfully placed seat ...



San Antonio and literally drops us down into the town square of **Arona** (38M).

At **Arona** there are bars off the town square for refreshment, and should you choose to finish walking here and return to the resort, continue straight over the town square down to the bus terminus from where the N°480 bus will take you to **Los Cristianos**.

We leave **Arona** on the **Túnez** road (turn left at the end of **Calle San Antonio**) past the **RACE** office. In contrast to our steep descent into **Arona**, the **Túnez** road undulates around the 600-metre contour, even going uphill to pass the football

stadium on our left and a chapel on the right, before running along between a variety of homes ranging from simple habitations to Fort Knox style villas.

One view not to be missed, after we pass a *camino rural* off to our right, is an unusual garden on the right where modern sculptures and stonework mix with a Japanese style resulting in a most pleasing aspect. Passing the top of the property - note the hatchet and block - we find this most impressive of gardens is simply named N° 66. The next house, **La Esperanza**, was also briefly famous in the News of the World but is now better known for the large blue thing in its garden.

Strolling on, we pass **Túnez** church on our right and head out into the country. Our road has narrowed, and when it swings right by a house and crosses a water canal, we start dropping down into the valley behind **Valle San Lorenzo**. Gentle strolling, with a few skittery steep sections, bring us down to the houses of the town and a Y-junction where we go left.

Down the narrow street, we swing left and right to drop onto the main road and go right. **Valle San Lorenzo** is in a state of parking gridlock - much easier to walk in and bus out - as we struggle past the petrol station (SW) to arrive at our destination (87M); **Caféteria Paraíso**.

Behind the simple exterior is one of the most popular eating places in the south of Tenerife with an extensive menu, good service and good prices (reservations essential in the evenings).

Also, the N°416/418 bus stop is just outside for the service down to **Los Cristianos**.