



This route is part of the Paths Network of Ixcotelco. The route starts to the left of the restaurant "Cruz del Carmen" by the old firecut that descends and crosses the El Batán road several times. It then continues along the track of Miquinal up to the Casas de La Goleta. From this point, the gully of la Goleta runs down through the palm trees of Bajamar and ends on this tourist center's main road. However, you can do two routes that overlap with the previous route. One of them, starting from Cruz del Carmen also arrives at Pista de la Orilla through the firecut and continues its steep descent towards the settlement of Pedro Alvarez. The other one coincides with the main route to El Ajuntadero and part of the Pista del Miquinal, and from here it takes the Pista de Los Domajos until it descends to the village of Teguestic. In the inside plan of this leaflet you will find an outline of the route with recommended stops labelled. In every one of those stops, there is a brief history or interesting information about the place. Through this route you can enjoy beautiful scenery, the culture and the local gastronomy as well as the kindness of the people of Amaga. We recommend that before you start this route, you read the important information enclosed at the back of this leaflet. This way you can attempt this route with all the safety and quality guarantees due to its total distance and time.

ROUTE DESCRIPTION

TEGUESTE

This village is named after Mencey Tegueste, eighth son of Grand Mencey Tinerfe (King of the Island), who administered the area before the Spanish conquest.

The limits of this menceyato (kingdom) included current settlements such as La Punta del Hidalgo, Tejina, Bajamar, Pedro Alvarez, the valley of the Boquerón and Valle Guerra; in addition to La Laguna and Los Rodeos as reserve grazing areas for the transhumance.

Their location is prime. The valley is open to the sea to the west, protected from dry southerly winds and influenced by the cool air coming down from the mountains of Anaga. Mountains once covered by an imposing forest which contributed to condensation of clouds and generated numerous springs and sources. An example is the source of the Mocanera which is now almost disappeared.

Tegueste still maintains a rural character which can be sketched out in the landscape through the various vineyards among which we find a sample of grape varieties that exist in the Canaries. Grapes which produce quality wines included in the *Denominación de Origen Tacoronte-Acentejo*. Another example of the respect of the people of this county to its cultural heritage is the preservation of the old *Royal tracks* such as Camino de Los Laureles. This was the main communication link by which aborigines moved to summer grazing in the plains of La Laguna. After the conquest it was used as a link with La Laguna and today you can travel on a few stretches.

The festivities born from the formerly rural and peasant life summon locals and tourists every year to enjoy the taste of the land in the Romería of San Marcos, La Librea, The Boats and The Dance of the Flowers. ●

In ancient times before the Castilian conquest, Bajamar belonged to the Menceyato (kingdom) of Tegueste. Today it is, next to La Punta del Hidalgo, the coastline of the municipality of Laguna and at the base of the Anaga mountains invites you to enjoy its tranquility and its pleasant climate.

Despite its origin, mainly dedicated to fishing craft and later on to banana farming, the charm of this place bewitches anyone who visits it. This is shown by the fact that in 1791, when King Charles IV granted a title to Antonio Porlier from Saprónis, he decided to call himself Marquis of Bajamar in honor of the pride he felt for the area where he owned a farm and a chapel.

Bajamar offers many spots to enjoy the pebble or sand beaches as well as some beautiful natural swimming pools, which has transformed it into a regarded tourist destination for relaxation.



ROUTE INFORMATION:

- ✦ **Distancias:**
 - ✦ **Main journey (Cruz del Carmen-Bajamar):** 10,5 Km
 - ✦ Cruz del Carmen-Pedro Álvarez: 6,2 kilómetros
 - ✦ Cruz del Carmen-Tegueste: 9,2 kilómetros
- ✦ **Duration:**
 - ✦ **Main journey (Cruz del Carmen-Bajamar):** 4,5 hours without stops, 5,5 hours with stop.
 - ✦ Cruz del Carmen-Pedro Álvarez: 2 hours without stops, 2,5 hours with stop.
 - ✦ Cruz del Carmen-Tegueste: 3 hours without stops, 3,5 hours with stop.
- ✦ **Risk level:** Medium
- ✦ **Public transport:**
 - ✦ Line 073, 075, 076, 077 of TITSA La Laguna-Cruz del Carmen.
 - ✦ Line 050, 105 of TITSA La Laguna-Bajamar.
 - ✦ Line 051 of TITSA La Laguna-Pedro Álvarez.
 - ✦ Line 050, 051, 058, 105 of TITSA La Laguna-Tegueste.
- ✦ **Suggestions:** Use appropriate footwear. Take a waterproof jacket, jumper, hat, food and water. If you need more supplies, you can buy them on weekends in the Farmers market of Cruz del Carmen. You must take your litter with you until you reach an area with litterbins. Avoid unnecessary noise. Inform somebody of your route. You can learn more about the route at the Visitor Center at Cruz del Carmen.

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Self Guided Route

Cruz del Carmen
Bajamar

Parque Rural

1 THE BUTANE CYLINDER SAVED ANAGA'S FORESTS

Until the 1960s the only fuel that was available for cooking was wood, although it wasn't allowed to collect without permission.

Here in Cruz del Carmen, there were only a few grown eucalyptus trees and several lines of Cupressus (cypress) delimiting properties. The rest were small bushes and some small trees.

The gas cylinder made wood unnecessary and allowed the forests to recover to form what we now see.

2 THE USES OF THE FOREST WERE MONITORED FROM THIS "HOUSE"

This building is an old *Forest House* built in the early twentieth century. All forest work in the mountains of Anaga was controlled from here: logging, thinning, removal of *cisco* (dead leaves), illegal coal production, as well as surveillance to detect and suppress potential fires. For this demanding task, the building was not only offices, but sometimes, it was the home of the Forest Guard.

3 A STRATEGIC PLACE BETWEEN ROADS AND TRACKS

This place is known as *Ajuntadero* because at this point many important roads "ajuntaban" (joined). In this point the tracks of Moquinal, Solis, Pedro Álvarez and Bejia-Peladero converge. Over time this area became a place of commerce where the milk ladies came from nearby towns to sell milk and cheese.

4 THE HOUSES OF LA GOLETA REPRESENT THE LINK BETWEEN HUMANKIND AND THE EARTH

These three homes you see, until a few decades ago were just a couple of isolated cave houses.

You could only access this place by walking down narrow paths and living focused on the hard work related to the forest, the land, domestic animals and what it could be taken from them.

Life was always the same, strange to wealth or poverty of the city. The many terraces that you will see on your way to the ravine allowed a hard and humble but secure life.

5 A VERY WELL DESIGNED COUNTRY HOUSE

This cave house and a building located below, beside a pond belong to the two owners who had the ravine of La Goleta, one on each side of the channel.

This house is divided into several rooms: the stable to the left, two rooms to the right and a rain tank next to the stairs. Looking in detail, you can distinguish channels in the rock which function is to collect the water that runs off the wall and direct it towards the rain tank. Getting clean water was vital, because the whole ravine was dedicated to goat farming.

6 THE CARDONALES ARE LOCATED IN THE SUNNY SLOPES WITH BARE SOIL

The *cardonales* are located in the lower land of all the Canary Islands and is dominated by a cactus (*Euphorbia canariensis*), a chandelier-shaped plant that is itself an island of life where many plants and animals find shelter.

Since ancient times, its toxic sap has had many uses: as a laxative, to relieve toothache, to open boils and fishing. For this last one, they threw pieces of cactus in the puddles and the drugged fish floated in the water.

It is said that King Juba gave the name of Euphorbia to the cactus after his doctor Euphorbo, who we owe the knowledge of the virtues of this plant.

7 THE CANARIAN PALM TREE, EMBLEMATIC SYMBOL OF THE LANDSCAPE OF THE ISLANDS

Already in the fourteenth century, the chronicles of the expedition described the towering palm trees dotting the landscape of the Canaries. After the conquest, the main settlements established in their territory, cutting them down to make room for cropland and pasture.

Today this palm tree decorates squares and gardens in many parts of the world, but the only place where authentic wild palm trees grow is in the Canary Islands.

A THE SHORE TRACK HAS HAD DIFFERENT USES

The track which you are on was used at first to carry both the resources extracted from the forest as well as agricultural production from "La Orilla" "El Aserradero" farms.

Over time, it became a firecut, but in the 1990s is when it became clear its impracticality and it regained its use as a track, now for the Park's forestry tasks.

A ANOTHER WAY OF REGENERATING THE FOREST

The most emblematic species of the *laurisilva*: *tilix*¹, Madeira mahogany and laurel have two reproduction systems: seeds and suckers.

The suckers are shoots that arise from the base of the main trunk and grow around him as the central tree ages. When this dies, the offspring continue to spread concentrically and repeating the process. Thus, these trees are perpetuated through the centuries.

¹ Evergreen trees with laurel-like leaves. Also known as *monteverde*.

B 100 YEARS LATER, THE MONTEVERDE IS BACK

In recent years, pine trees have been gradually removed and original species have been reintroduced to restore the ecosystem of this place. A forest of *laurisilva* like the one extending throughout the mountain range.

The original vegetation was cleared for planting fruit trees and vegetables which transformed the area into a very productive farm. In the 1950s the fruit trees were replaced by *Monterey* pines for their exploitation.

C THE SOURCE OF LA MOCANERA SERVED AS A BARGAINING CHIP

This area was terraced with the idea of building a recreational area (never did) using water from nearby Fountain of La Mocanera.

This historical source supplied the neighboring Tegueste and also the "rematantes" who worked in the exploitation of the forest. From each gang, one went for water, losing hours of work and part of their wages, so the rest of their workmates shared their profits with them. The exchange was water for hours.

