

Main Trail Network

The **Teide National Park** has an extensive network of trails, varying in length and difficulty, including 21 from the main network. Contact the Visitors' Centres for further information. Trails in brackets have no direct connection to the path in question but it may be possible to continue along them.

1. La Fortaleza Trail

Start: Visitors' Centre at El Portillo

Finish: La Fortaleza hillside (limit of national park)

Duration: 1 hour 45 minutes

Length: 5.3 Km

Difficulty: Low

Maximum difference in height: 175 m descent

Connections: Trails 2, 4, 6 and the Chasna Way

Description: Undulating trail with continuous views of Mt Teide. From the start to the Cañada de los Guancheros, the trail wends its way through mounds of pumex (pumice stone) where white broom and laburnum bushes reign supreme. In the Cañada de los Guancheros, there is an abundance of *rosalillo de cumbre* (*Pteroccephalus lasiospermus*), *tonática* (*Nepeta teydea*) and *hierba pajonera* (*Descurainia bourgeauana*). The final section of the trail runs along the foot of the Riscos de la Fortaleza: cliffs covered in vegetation associated with escarpments and Canary Pines.

2. Arenas Negras Trail

Start: Visitors' Centre at El Portillo

Finish: Visitors' Centre at El Portillo

Duration: 3 hours (circuit)

Length: 7.6 Km

Difficulty: Low (one section is very steep)

Maximum difference in height: 250 m.

Connections: Trails 1, 4, 6 and the Chasna Way

Description: The trail rises and skirts Montaña del Cerrillar, weaving its way through a mantle of broom. From the top there is a spectacular view of the national park and Llano de Maja. The descent flanks the caldera, passing alongside the volcanoes at Arenas Negras, pumice gravel cones barely touched by vegetation.

3. Los Roques de García Trail

Start: Mirador de La Ruleta

Finish: Mirador de La Ruleta

Duration: 2 hours (circuit)

Length: 3.5 Km

Difficulty: Average (one section is very steep)

Maximum difference in height: 175 m.

Description: A pleasant trail that takes in several volcanic forms and a wide variety of animal and plant species characteristic of high altitude scrubland in the Canaries. Los Roques are an alignment of dykes, pitons and layers of assorted volcanic materials uncovered by the forces of erosion; they split the great caldera of Las Cañadas in two. The route goes round Los Roques (Roque Cinchado, El Torrotito, El Burro, Roques Blancos), first towards Teide and then drops down on the most spectacular side to the Llano de Ucanca plain. It then climbs a steep slope to the end, after skirting the spectacular piton of La Catedral.

4. Siete Cañadas Trail

Start: Visitors' Centre at El Portillo

Finish: Centro de Visitantes de Cañada Blanca

Duration: 4-5 hours

Length: 16.6 Km

Difficulty: Low

Maximum difference in height: 150 m climb

Connections: Trails 1, 2, 5, (15), 16 and the Chasna Way

Description: The route was traditionally taken by the original pre-Hispanic inhabitants of the island, the *Guanches*. It follows along the base of the wall of the caldera of Las Cañadas, on the eastern side. The first section is thick with vegetation and features the *tajinaste picante* or Blue Mt Teide Viper's Bugloss. The cliffs of Las Cañadas offer considerable geomorphological diversity as well as vegetation associated with escarpments, such as the *tajinaste rojo* or Red Mt Teide Viper's Bugloss. The final section passes by the beautiful, whimsical formation of El Capricho. The entire route is dotted with the remains of shepherds' huts and offers magnificent views of Mt Teide from many different angles. This trail (4), normally leaving from Cañada Blanca, and that of Degollada de Guajara (5), are used to climb to the summit of Mt Teide.

5. Degollada de Guajara Trail

Start: Siete Cañadas Trail (4)

Finish: Degollada de Guajara

Duration: 1 hour

Length: 1.4 Km

Difficulty: High

Maximum difference in height: 190 m.

Connections: Trails 4, 8, 15 and the Chasna Way

Description: Part of the old track that connects both sides of the island: Camino de Chasna or the Chasna Way, the trail climbs from La Cañada del Montón de Trigo to the *degollada* or pass, threading between two mountains, Pasajirón and Guajara. Views from the pass are stunning and encompass Mt Teide National Park, the southern slopes of the island and the head of the ravine, Barranco del Río.

6. Montaña de los Tomillos Trail

Start: La Fortaleza Trail (1) (20 minutes from the beginning of the track)

Finish: Montaña Blanca Trail (7)

Duration: 2 hours 30 minutes

Length: 6 Km

Difficulty: Average

Maximum difference in height: 470 m climb

Connections: Trails 1 and 7

Description: This trail was used to reach Mt Teide by early explorers and sulphur and ice gatherers. The track climbs continuously over a good surface, but the gradient becomes much steeper at Montaña Blanca. The first section passes over pumice stone deposits, covered in laburnum bushes and broom. The dark tones of the volcanic cone Montaña de los Tomillos preside over the middle section. The trail ends near Moñtana Blanca and once again wends through pumice, stripped of vegetation by the altitude and strong winds.

7. Trail from Montaña Blanca to Peak of Mt Teide

Start: Km 40.2 of main road TF-21

Finish: Mirador de La Fortaleza (3,537 m)(vantage point)

Duration: 5 hours 30 minutes

Length: 8.3 Km

Difficulty: High

Maximum difference in height: 1,350 m climb

Connections: Trails 6, (9), (10), 11 and (12)

Description: This is undoubtedly the most used and the most impressive track in the national park. It starts out along Montaña Blanca path through pumice stone terrain. Once at the base of Mt Teide, it gives way to the old summit route that ascends Lomo Tieso over a steep gradient to Refugio de Altavista or mountain hut. The path continues upwards less steeply through young black lava flows devoid of vegetation. The trail ends at La Rambleta, alongside the vantage point, Mirador de La Fortaleza. This trail should only be taken persons in good physical shape.

To ensure visitor safety and the preservation of the area, restrictive measures have been established, forbidding access from La Rambleta (3,550 m) to the summit (3,718 m) unless in possession of a special permit.

A permit is required to gain access from La Rambleta to the summit along the Telesforo Bravo trail, the only path leading to the top. Permits can be requested at: www.reservasparquesnacionales.es

Permission is subject to the existence of places and to whether or not the park administration has closed the path.

8. El Filo Trail

Start: Km 38.5 of main road TF-24

Finish: Degollada de Guajara (trails 5 and 15)

Duration: 7 hours

Length: 14.2 Km

Difficulty: Moderate

Maximum difference in height: 275 m descent

Connections: Trails (4), 5, 15 and the Chasna Way

Description: Most of the path follows the old forestry track along the ridge of the caldera, through superb expanses of broom, and allowing glimpses of the interior of the caldera of Las Cañadas at several points along the way. Panoramic views of the hillsides of south Tenerife with fine old specimens of Canary Pines. The route offers a great variety of geomorphological and botanical features. After descending Montaña de Pasajirón, the trail ends at Degollada de Guajara, from where you can walk down to the Siete Cañadas trail or climb to the top of Mt Guajara.

9. Mt Teide-Pico Viejo-main road TF-38

Start: La Rambleta (3,500 m, Mirador de Pico Viejo-vantage point)

Finish: Km 3.2 of main road TF-38 (Mirador de Las Narices del Teide-vantage point)

Duration: 8 hours

Length: 9.3 Km

Difficulty: Extreme difficulty

Maximum difference in height: 1,500 m descent

Connections: Trails 7, (10), (11) and (12)

Description: This tough trail descends over black lava, with the spectacular crater of Pico Viejo in full view for the first section, until it reaches Degollada de Chahorra where lava turns to volcanic gravel. The path then skirts Pico Viejo on the south side, below the edge of the crater, and quickly drops down to Narices del Teide. It then continues towards Lomo de Chío and on to the main road TF-38. It is an extremely tough route as it mainly crosses lava flows and very loose terrain.

10. Trail to the Summit of Mt. Teide: Telesforo Bravo Trail

Start: La Rambleta (3,550 m)

Finish: Peak of Mt Teide (3,718 m)

Duration: (40 minutes)

Length: 614 m

Difficulty: High

Maximum difference in height: 159 m climb

Connections: Trails 7, (9), 11 and 12

Description: To ensure visitor safety and the preservation of the area, restrictive measures have been established, forbidding access from La Rambleta (3,550 m) to the summit (3,718 m) unless in possession of a special permit.

A permit is required to gain access from La Rambleta to the summit along the Telesforo Bravo trail, the only path leading to the top. Permits can be requested at: www.reservasparquesnacionales.es

Permission is subject to the existence of places and to whether or not the park administration has closed the path.

11. Mirador de la Fortaleza Trail

Start: La Rambleta (3,550 m)

Finish: Mirador de La Fortaleza

Duration: 25 minutes

Length: 427 m

Difficulty: Average

Maximum difference in height: 24 m

Connections: Trails 7, (9), 10 and 12

Description: Conditioned trail providing access to the vantage point at Mirador de La Fortaleza, overlooking the northern section of the national park and north Tenerife. Weather permitting, the vantage point offers a magnificent view of La Fortaleza in the foreground.

12. Mirador de Pico Viejo Trail

Start: La Rambleta (3,550 m)
Finish: Mirador de Pico Viejo (vantage point)
Duration: 30 minutes
Length: 730 m
Difficulty: Average
Maximum difference in height: 54 m
Connections: Trails (7), 9, 10 and 11

Description: Conditioned track that leads to the vantage point from where you can enjoy a stunning view of the crater of Pico Viejo and west Tenerife. On clear days you can see the islands of La Gomera, La Palma and El Hierro.

13. Samara Trail

Start: Km 7.5 of main road TF-38
Finish: Km 7.5 of main road TF-38
Duration: 2 hours 45 minutes
Length: 5.1 Km
Difficulty: Average (one section is very steep)
Maximum difference in height: 252 m

Description: At the beginning of the trail you can climb to the top of Samara volcano, which offers panoramic views of several volcanic cones, Mt Teide and Pico Viejo. You can also take in expanses of beautiful Canary Pines, a highly efficient coloniser of young volcanic terrain. The entire route passes over undulating sections of dark-coloured pyroclastic rocks (lapilli and scoriae).

14. Alto de Guamaso Trail

Start: Km 42.3 of main road TF-24
Finish: Crossroads at El Portillo
Duration: 1 hour 30 minutes
Length: 2.9 Km
Difficulty: Low
Maximum difference in height: 64 m

Description: An easy trail that skirts a beautiful volcanic cone before continuing inside its crater. Magnificent views over La Orotava valley, shrouded in a sea of clouds. Also a great area to observe the transition from Canary Pine forest to high altitude scrubland. The volcanic ejecta that formed the volcano include enormous bombs dotted over the hillside.

15. Alto de Guamaso Trail

Start: Degollada de Guajara (trail 5)
Finish: Alto de Guajara
Duration: 1 hour 30 minutes
Length: 2 Km
Difficulty: High
Maximum difference in height: 325 m
Connections: Trails (4), 5 and 8

Description: High altitude trail that climbs from Degollada de Guajara to the summit of Alto de Guajara from where you can enjoy the most magnificent panoramic views of Teide, Pico Viejo and Montaña Blanca volcanoes, and the caldera of Las Cañadas. A spectacular high point enabling you to distinguish the different lava flows and gravel plains or *cañadas*. The southern side of the island is visible throughout the ascent. On clear days you can catch a glimpse of the other Canary Islands.

16. Sanatorium Trail

Start: Km 43.3 of main road TF-21 Finish: Siete Cañadas trail (4)

Duration: 1 hour 45 minutes

Length: 4.6 Km

Difficulty: Low

Maximum difference in height: 100 m

Connections: Trails 4 and 19

Description: An easy trail that follows a well-beaten track. In spring bee hives are placed here in order to collect the highly prized broom honey. The trail starts out at the foot of Mt Teide, which gradually comes into view in all its magnificence. The whimsical lava flows on the volcanic dome of Montaña Blanca are also eye-catching. The track merges with the Siete Cañadas trail at the foot of Guajara escarpment.

17. Igueque Trail

Start: Km 33.3 of main road TF-24

Finish: La Crucita (Km 30 of main road TF-24)

Duration: 1 hour 20 minutes

Length: 2.4 Km

Difficulty: Average

Maximum difference in height: 262 m

Description: This trail runs along the higher section of La Esperanza ridge and offers views of the island's two valleys, La Orotava and Güímar, occasionally hidden by a sea of clouds. Enormous volcanic bombs come into view along the trail, and native plants share the area with scrubs and bushes characteristic of the national park. Canary Pines make their appearance at the end of the track, at La Crucita, the crossroads of two well-worn paths between the valleys (and the pilgrimage route to Our Lady of Candelaria).

18. Chavao Trail

Start: Boca Tauce crossroads (junction between TF-21 and TF-38)

Finish: Km 3 of main road TF-38

Duration: 1 hour 30 minutes

Length: 3.6 Km

Difficulty: Low

Maximum difference in height: 38 m

Description: An easy, lightly undulating trail that takes in the most western section of Las Cañadas and features the eroded shapes of the sheer escarpment walls. Black lava flows, known as *Narices del Teide*, resulting from the 1798 eruption, and beautiful pahoehoe or corded lava provoke a variety of sensations as you walk in the shadow of Mt Teide and Pico Viejo.

19. Majúa Trail

Start: Km 43.3 of main road TF-21

Finish: Parador de Las Cañadas

Duration: 1 hour 30 minutes

Length: 3.8 Km

Difficulty: Low

Maximum difference in height: 150 m

Connections: Trail 16

Description: The path descends gently from the base of Mt Teide to the Parador, situated in the middle of Cañada Blanca. The trail begins by skirting the pumice cone of Montaña Majúa and surrounding lava flows and then cuts through the broom shrubs of Cañada Blanca.

20. Volcán de Fasnía Trail

Start: Corral del Niño (Km 38 of main road TF-21)

Finish: Izaña crossroads (Km 37.5 of main road TF-21)

Duration: 2 hours 30 minutes

Length: 7.2 Km

Difficulty: Low

Maximum difference in height: 145 m

Description: This route draws near to beautifully-coloured, old volcanic cones and then skirts the dusky Volcán de Fasnía that emerged in the eruption of January 1705. The area is thick with broom shrubs and bee hives strategically positioned to make the most of the intense flowering to obtain the much-coveted broom honey.

21. Corral del Niño to Mal Abrigo Trail

Start: Corral del Niño (Km 38 of main road TF-21)

Finish: Mal Abrigo (Km 34.8 of main road TF-21)

Duration: 1 hour 20 minutes

Length: 5.2 Km

Difficulty: Low

Maximum difference in height: 186 m

Description: Most of the route follows a forestry trail that makes for easy observation of the area's group of volcanic cones, with Mt Teide providing an imposing backdrop. The island of La Palma also comes into view. The final section zigzags its way up through dense broom shrubs to the main road TF-24, opposite the rocky outcrop of Mal Abrigo.

