

SECONDARY NETWORK of trails in the Teide National Park

22. Lomo Hurtado

Start: Trail No. 1 in the Llano area of Los Rastrojos
 End: Trail No. 6 in the Los Conejos Mountain area
 Route type: Linear
 Duration: 1 h. 30 min.
 Length: 4.8 km
 Difficulty: Low
 Elevation: 457 m
 Connections: Trails 1, 6, 7, 25 and 33

An easy trail that connects the top of the Orotava Valley with Montaña Blanca. Despite the elevation difference, there is only a pronounced climb at the top, although almost all of the route is on compacted pumice stone, making it easy to walk on. The start of the trail is on the cross between Trail 1 La Fortaleza and Trail 25 Recibo Quemado which goes from La Orotava Valley, just before reaching Llano de Los Guancheros and leaving behind the escarpments of Cabezón de Tigaiga and La Fortaleza as the trail climbs towards Montaña Blanca. Connecting to Trail 6 Montaña de Los Tomillos very close to Trail 7, which ascends in the direction of the top of Montaña Blanca and El Teide. Broom is the dominant plant species along the trail, accompanied by other species such as hierba pajonera, or flixweed.

23. Los Regatones Negros

Start: Trail 3 Roques de García
 End: Trail 9 Teide- Pico Viejo- TF38
 Route type: Linear
 Duration: 4 hours
 Length: 5.0 km
 Difficulty: High (the entire trail is a steep slope)
 Elevation: 879 m
 Connections: Trails 3 and 9

The trail connects the top part of Trail 3 Roques de García, with Trail 9 Teide – Pico Viejo – TF38 on the Degollada de Pico Viejo, also known as Degollada de Chahorra. It is a trail that requires a certain amount of preparation as there is a steep ascent in the high mountains, going up to 3,058 metres. The high mountain vegetation gradually changes over the ascent until there are only stubby brooms along the top of the route. A very interesting trail for observing the different types of lava that result from volcanic eruptions. Some sections of the trail pass over these lavas and require greater effort to walk on due to its loose rocks and sharp edges.

24. Portillo Alto

Start: Hamlet of Portillo Alto (Km 33.1 on Highway TF-21).
 End: Trail 1 Roque del Peral area
 Route type: Linear
 Duration: 35 minutes.
 Length: 1.5 km
 Difficulty: Low
 Elevation: 61 m
 Connections: Trails 1 and 6

A short trail that connects the hamlet of Portillo Alto with Trail 1 La Fortaleza, very close to the rocky escarpment known as Roque del Peral. Just before this it crosses Trail 6 Montaña de Los Tomillos, which ascends towards Montaña Blanca and El Teide. Expansive panoramic views over the north of the Teide National Park can be seen along the trail.

25. Recibo Quemado

Start: On the La Orotava-Granadilla Highway (Km 29.6 from Highway TF-21).

End: Trail No. 1 in the Llano area of Los Rastrojos

Route type: Linear

Duration: 45 minutes

Length: 2 km

Difficulty: Low

Max. elevation: 176 m

Connections: Trails 1 and 22

This is a small section of one of the old trails ascending the Valle de La Orotava to the pastures on the summit. It connects the lower edge of the Teide National Park, very close to the field known as Recibo Quemado on Highway TF 21, with Trail 1 La Fortaleza and with Trail 22 Lomo Hurtado. The lower part of the trail winds through a Canary Islands pine forest, which progressively gives way to the vegetation on the summit, where the escarpments of Cabezón and La Fortaleza can be seen, as well as El Teide and Montaña Blanca.

26. Ucanca

Start: Trail 3 La Catedral area

End: At the Ucanca lookout

Route type: Linear

Duration: 1 hour

Length: 1.8 km

Difficulty: Low

Elevation: 4 m

Connections: Trail 3

A practically horizontal trail that starts from Trail 3 Roques de García at the top, at the foot of Roque de La Catedral, it goes into the immense Llano de Ucanca to finish at the Ucanca lookout, on Highway TF21. Along the route the high escarpments of the Ucanca summits, as well as those of the Teide and Pico Viejo, offer walkers incomparable views.

27. Montaña Rajada

Start: Trail 7 on the intersection with Montaña Rajada

End: On Trail 6 between Montaña de Los Conejos and Los Tomillos

Route type: Linear

Duration: 45 minutes

Length: 2.1 km

Difficulty: Low

Elevation: 93 m

Connections: Trails 6 and 7

The trail connects Trail 7 Montaña Blanca – Pico Teide with Trail 6 Montaña de Los Tomillos, bordering the domes of Montaña Blanca and Montaña Rajada. This is a comfortable walk with very spectacular views of both volcanic domes. The entire terrain of the walk is covered in pumice stone, a result of the violent Plinian eruptions of Montaña Blanca.

28. Chafarí

Start: On the Chío Highway (Km 0.6 from Highway TF-38).

End: On Trail 9 in the Narices del Teide area

Route type: Circular

Duration: 3 hours

Length: 6.7 km

Difficulty: High (there is a section of steep slope)

Elevation: 695 m

Connections: Trail 9

This is one of the walks that ascends the slopes of Pico Viejo, starting on Highway TF 38 just over 1 km from Boca Tauce and most of the route is on a dirt track known as "Los Chircheros", which ascends through a landscape of abundant brooms, which colonise the lava tracks that descend from the top of Pico Viejo.

When the forest track ends, a very marked track begins that climbs over loose materials (pyroclastics) remaining from the eruption of Las Narices del Teide in 1798. It is a strenuous ascent as the "picón" (lapilli) is very loose and difficult to walk on, and the elevation is also considerably high.

The trail ends at the top of Las Narices del Teide at an altitude of 2,752 metres, where it meets with Trail 9 Teide – Pico Viejo – TF38, which continues climbing towards La Rambleta (3,503 m) or descends to Las Narices del Teide lookout on Highway TF 38.

29. Degollada del Cedro

Start: On Trail 1 in the area known as Cañada de los Guancheros

End: At the edge of Ladera de Tigaiga on the northern border of the park.

Route type: Linear

Duration: 30 minutes

Length: 1.9 km

Difficulty: Low (there is one section of steep slope)

Elevation: 115 m

Connections: Trails 1 and 36

The trail begins on Trail 1 La Fortaleza in Llano de Los Guancheros or Los Rastrojos, at the foot of Cabezón and ascends by a trail up to Degollada del Cedro between the escarpments of La Caldera de Las Cañadas known as El Cabezón and La Fortaleza and continues on, becoming a forest trail descending the slope of Tigaigato the border of the Teide National Park.

There are expansive panoramic views along the route, including the slopes of Tigaiga, La Fortaleza and El Valle de La Orotava, as well as the inside of the Caldera and the Teide.

30. Los Valles

Start: Las Minas de San José lookout (Km 37.5 of Highway TF-21)

End: On Trail 4 in the Risco Verde area

Route type: Linear

Duration: 1 h. 15 min.

Length: 5 km

Difficulty: Low

Elevation: 239 m

Connections: Trail 4

An easy walk that descends from the Las Minas de San José car park in the centre of the national park, until it reaches Trail 4 Siete Cañadas, at the foot of Risco Verde in Cañada de Las Pilas.

The first section of the route goes through the area from which pumice stone has been extracted over decades, then begins to descend through Los Valles until it reaches La Cañada de Las Pilas, at the foot of the walls of La Caldera de Las Cañadas. Along the route several of the most representative plant species of the Canary Islands high mountain scrub can be observed, as well as some examples of the traditional use of this area before it was declared a National Park, such as the loading points for the broom firewood.

31. Ucanca Summits

Start: On Trail 4 in the La Cañada del Capricho area

End: On the Lomo del Asiento, under the Sombrero de Chasna, on the southern border of the park.

Route type: Linear

Duration: 3 h. 30 min.

Length: 8.1 km

Difficulty: High (there is a section of steep slope)

Elevation: 333 m

Connections: Trail 4

The entire route along this trail is a continuous lookout point, with expansive and spectacular panoramic views of the inside of La Caldera de Las Cañadas as well as the slopes of the south of the island, highlighting the Teide and Pico Viejo lookout point, as well as the short lava flow known as Sombrero de Chasna.

The trail begins in the El Capricho area, starting from Trail 4 Siete Cañadas and ascending an old trail (that winds continuously) up to Degollada de Ucanca, with a 300 metre elevation, then goes over the summits of Ucanca and then descends to the limit of the Teide National Park, passing by the Sombrero de Chasna and arriving at Lomo del Asiento

or Los Pegueros where old and gnarled Canary Island pines change the vegetation landscape. The trail then either descends to Vilaflor or the trail to the left can be taken which goes to the Las Lajas recreational area.

32. Abeque

Start: Sámara Lookout Point (Km 7.6 on Highway TF-38)
End: Las Narices del Teide lookout point (Km 3 of Highway TF-38)
Route type: Linear
Duration: 1 h. 30 min.
Length: 4.4 km
Difficulty: Low
Elevation: 211 m
Connections: Trails 9 and 13

An easy walk that connects the south west of the Teide National Park from the Sámara Lookout, at Trail 13 Samara with the lower part of Trail 9 Teide – Pico Viejo – TF 38, to the Las Narices del Teide lookout point. This is one of the oldest trails that ascended to the summit of the island and that crosses a landscape covered mainly with recent volcanic materials from the volcanoes next to it. A large part of the trail winds through terrain covered with lapilli and is also covered by scoria lava, on which the wear and tear can be seen from the intense use of the trail when it was used by shepherds and travelling sales people. Along the trail the expansive views of the south region and the nearby islands increase the landscape value of the itinerary, together with the view of the Teide and Pico Viejo with a quite different appearance to other areas of the national park.

33. Montaña Negra

Start: Trail 3 in the west area of La Fortaleza
End: Trail 22 on the Llano de Las Brujas
Route type: Linear
Duration: 1 h. 15 min.
Length: 3 km
Difficulty: Low
Elevation: 136 m
Connections: Trails 1 and 22

It is the top section of an old trail from the La Guancha, San Juan de La Rambla and Icod el Alto region. It connects Trail 1 La Fortaleza at the foot of the western-most cliffs of La Fortaleza, very close to the border of the national park, with Trail 22 Lomo Hurtado, which descends from Montaña Blanca, passing by the foot of the sloping escarpments of the Teide bordering the volcano known as Montaña Negra, one curious aspect about which is that the materials it is made of are brown, due to oxidation, and not black as its name suggests. Walkers will notice the dense broom on the top section of the trail, as well as the Canary Islands pine at the bottom, which was affected by the forest fire of the summer of 2007 and which is now in the recovery phase. The fences around the recovering area, as well as the presence of a beehive nearby, have led the end section of the trail being moved, connecting to Trail 1 La Fortaleza a little way above the national park border.

34. Montaña Limón

Start: National park border in the Montaña Limón area
End: In El Arrastradero close to the old Choza de José Ruiz de Izaña
Route type: Linear
Duration: 30 minutes
Length: 1.2 km
Difficulty: Low
Elevation: 95 m
Connections: Trail 21

The trail is a short section of an old trail that communicated the two main valleys (Gúímar and La Orotava) and that ascended from the peaks of La Orotava, which is the section described that begins on the border of the Teide National Park and ascends around the southern slope of Montaña Limón until it connects with Trail 21 Corral del Niño – Yegua Blanca, which ascends the Piedra del Mal Abrigo and continues to the top of the Yegua Blanca or towards Corral del Niño.

35. Boca Chavao

Start: On Trail 18 on the Boca de Chavao
End: On the border of the National Park in the Iserse area
Route type: Linear
Duration: 30 minutes
Length: 0.9 km
Difficulty: Low
Elevation: 80 m
Connections: Trail 18 and the PR-TF70 Guía de Isora – Boca Tauce

This short, marked trail was the main access route to the summit for the inhabitants of the Isora region. There are several branches from the different hamlets. The trail described is the section of the trail that is within the borders of the Teide National Park, and the rest of it descends to Tejina de Guía, by Las Fuentes, as well as the old trail that goes by the hill between Barranco de Tágara and Guará, descending to the Bailadero and then to the hamlets of Chirche, Aripe and the town of Guía de Isora.

36. Alto de La Fortaleza

Start and end: On Trail 29 on the Degollada del Cedro
Route type: Circular
Duration: 1 h. 15 min.
Length: 2.7 km
Difficulty: Low
Elevation: 47 m
Connections: Trail 29

A circular route that winds around the crown of the Alto de La Fortaleza. The route begins on the Degollada del Cedro, between La Fortaleza and El Cabezón, and goes over the Alto de La Fortaleza Plain. In the afternoons there are spectacular views of the sunset over the Island of La Palma, which contrast against the horizon. A dense Canary Island pine forest can also be observed, which extends continuously from the back of La Fortaleza to the foothills of the Macizo de Teno following the summits of Abeque. Here, the vegetation is stubby and brightly coloured in the spring, with many more species from the Canarian high mountain areas than from the pine wood that borders it. The southern part of the Trail passes by the edge of the rocky area of La Fortaleza, allowing us access, at the highest point of this route (2,135 masl), to a privileged vantage point around 100 metres high with respect to the Cañada de Los Guancheros, which opens out at the base of this rocky area. There is a spectacular view of the Teide from this point.

37. Cerrillar - Carnicería

Start: On Trail 2 at the top of the Cerrillar
End: On Trail 20 on the Montaña de la Carnicería
Route type: Linear
Duration: 1 h. 30 min.
Length: 2.7 km
Difficulty: Low
Elevation: 89 m
Connections: Trails 2, 8 and 20

A linear itinerary that links between the Arenas Negras and Fasnía Volcano trails. This trail starts from the NE sector of the Arenas Negras trail, immediately alongside the Montaña del Cerrillar, and winds along the slope of the Montaña de la Punta de Maja until it intersects Trail 8 (El Filo) at the beginning. It continues perpendicularly eastwards to the top of the Montañas de Enmedio and La Carnicería, where it finishes on Trail 20 Fasnía Volcano. If the sea of clouds permits, walkers can see the imposing landscapes of the Valle de La Orotava, while walking among volcanoes in the Caramujo sector. This trail enables walkers crossing the National Park to link the Portillo area with the Izaña area without the need to go by the asphalted highway, offering the visitor a most rewarding experience of the pass over the summit and close contact with the environment.