



Walk! Tenerife

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WALKS IN THE NORTH

1 Choza Classic	16
3 walker, 2 hours, 7.5 kilometres, ascents & descents 320 metres, 3 refreshments (circular)	
2 Chimoche Loop	19
3 walker, 1¼ hours, 6 kilometres, ascents & descents 300 metres, 2 refreshments (circular)	
3 Los Órganos	22
5 walker, 4 hours, 11 kilometres, ascents & descents 600 metres, vertigo risk, 2 refreshments (circular)	
4 Mirador de Mataznos - Cruz del Dornajito	26
3 walker, 3 hours, 10 kilometres, ascents & descents 550 metres, 2 refreshments (circular)	
5 El Portillo - Aguamansa	30
4 walker, 3 hours 10 mins, 12 kilometres, ascents 30 metres, descents 1020 metres, 3 refreshments (linear one way)	
6 Montaña Limón from TF-24	34
2 walker, 1 hour 35 mins, 5.5 kilometres, ascents & descents 240 metres, 0 refreshments (linear out and back)	
7 La Caldera - Montaña Limón	36
4 walker, 4¾ hours, 15 kilometres, ascents & descents 1020 metres, 2 refreshments (circular)	
8 Arenas Negras - Black Sand Surprise	40
3 walker, 2¼ hours, 8 kilometres, ascents & descents 300 metres, 0 refreshments (circular)	
9 La Fortaleza	43
4 walker, 3½ hours, 12.5 kilometres, ascents & descents 350 metres, 1 refreshments (linear out and back)	

WALKS IN THE SOUTH

- 10 Roque del Conde - Table Mountain** 46
4 walker, 3 hours, 6.4 kilometres, ascents & descents 580 metres, 0 refreshments (linear out and back)
- 11 Adeje Skywalker & The White House** 50
4 walker, 3-3¼ hours, 12 kilometres, ascents 300 metres, descents 400 metres, vertigo risk, 0 refreshments (linear one way)
- 12 Taicho Tour** 54
3 walker, 1½ hours, 5 kilometres, ascents & descents 220 metres, 0 refreshments (circular)
- 13 Wow! Spectacular to Adeje** 56
4 walker, 3½ hours, 10 kilometres, ascents 200 metres, descents 950 metres, vertigo risk, 4 refreshments (linear one way)
- 14 Ifonche Flora Loop** 60
2/3 walker, 1¼ hours, 4 kilometres, ascents & descents 200 metres, 4 refreshments (circular)
- 15 Queen of the South** 63
4 walker, 4 hours, 12.5 kilometres, ascents 350 metres, descents 950 metres, 4 refreshments (linear one way)
- 16 Fantasia** 67
4 walker, 2¾ hours, 8 kilometres, ascents & descents 430 metres, 5 refreshments (circular)
- 17 GR131 Vilaflor - Ifonche - Arona** 71
4 walker, 5½ hours, 18 kilometres, ascents 450 metres, descents 1200 metres, 5 refreshments (linear one way)
- 18 Las Lajas - Sombrero de Chasna** 77
4 walker, 3 hours, 9 kilometres, ascents & descents 530 metres, 0 refreshments (circular)
- 19 Las Lajas - Adeje** 80
4 walker, 4 hours 10 mins, 17 kilometres, ascents 90 metres, descents 1800 metres, 4 refreshments (linear one way)

WALKS IN THE WEST

- 20 Wild West Tour** 84
3 walker, 2¾ hours, 9.5 kilometres, ascents 400 metres, descents 730 metres, 2 refreshments (linear one way)
- 21 True Grit** 89
4 walker, 2¾ hours, 8.5 kilometres, ascents & descents 480 metres, 3 refreshments (circular)

- 22 Lasso La Hoya** 93
3 walker, 1½ hours, 5.3 kilometres, ascents & descents
300 metres, 2 refreshments (circular)
- 23 Laurel & Hardy** 95
3 walker, 1¾ hours, 6 kilometres, ascents & descents 300
metres, 4 refreshments (circular)
- 24 Saddle Up And Round That Mountain** 99
4 walker, 3 hours, 9 kilometres, ascents & descents
450 metres, 3 refreshments (circular)
- 25 Scenic Ridge to Masca** 102
3 walker, 2½ hours, 8 kilometres, ascents 420 metres, descents
710 metres, 3 refreshments (linear one way)

CENTRAL HIGH ALTITUDE ROUTES

- 26 Montaña Majúa - Toffee Mountain** 105
3 walker, 3 hours, 12 kilometres, ascents & descents
300 metres, 1 refreshments (circular)
- 27 Roques de García** 109
3 walker, 1¼ hours, 4 kilometres, ascents & descents
170 metres, 1 refreshments (circular)
- 28 Paisaje Lunar - A Tenerife Classic** 111
3-5 walker, 2 hours, 7 kilometres, ascents & descents
320 metres, vertigo risk, 0 refreshments (circular)
- 29 Mighty Guajara** 115
5 walker, 3¾ hours, 10.5 kilometres, ascents & descents
630 metres, 1 refreshments (circular)
- 30 Siete Cañadas** 118
¾ walker, 4 hours, 16 kilometres, ascents 350 metres,
descents 200 metres, 1 refreshments (linear one way)
- 31 The Big One - Crater Rim Challenge** 122
5 walker, 6 hours, 19 kilometres, ascents 550 metres, descents
1250 metres, 2 refreshments (linear one way)
- 32 Parador - Paisaje Lunar - Vilaflor** 127
5 walker, 4½ hours, 16.5 kilometres, ascents 450 metres,
descents 1150 metres, 2 refreshments (linear one way)
- 33 Mount Teide - On Top Of The World** 131
4/5 walker, 3 hours 30 mins, 10 kilometres, ascents 160 metres,
descents 1350 metres, 1 refreshments (linear one way)

WALKS IN THE ANAGA

34 Iguete de San Andrés - Semáforo	135
2 walker, 1¼ hours, 4.4 kilometres, ascents & descents 415 metres, 1 refreshments (linear out and back)	
35 Iguete de San Andrés - Chamorga	137
4 walker, 3¼ hours, 9.4 kilometres, ascents 840 metres, descents 430 metres, 2 refreshments (linear one way)	
36 Cruz del Carmen - Punta del Hidalgo	140
3 walker, 3½ hours, 11.3 kilometres, ascents 200 metres, descents 1080 metres, 4 refreshments (linear one way)	
37 Cruz del Carmen Circular	144
4 walker, 3 hours 40 mins, 11 kilometres, ascents & descents 460 metres, 4 refreshments (pan-handle circular)	
38 Roque de Taborno	146
4 walker, 2¼ hours, 6.5 kilometres, ascents 250 metres, descents 520 metres, vertigo risk, 3 refreshments (pan-handle circular)	
39 Las Carboneras - Taganana	150
5 walker, 4½ hours, 14.3 kilometres, ascents 750 metres, descents 1200 metres, vertigo risk, 4 refreshments (linear one way)	
40 Taganana Circular	155
4 walker, 4¼ hours, 13.1 kilometres, ascents & descents 910 metres, 2 refreshments (circular)	
41 La Ensellada - Chamorga	158
4 walker, 2¼ hours, 7.5 kilometres, ascents 300 metres, descents 600 metres, 1 refreshments (linear one way)	
42 Chamorga Circular	162
4 walker, 2¾ hours, 8 kilometres, ascents & descents 700 metres, 1 refreshments (circular)	
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