

Contents

	Foreword	3
	General Information	6
	Walking on La Palma	10
	Information and addresses	14
	Santa Cruz and the east.	19
1	3.15 hrs. From Santa Cruz to the Mirador de la Concepción, 398m	22
2	7.15 hrs. Pico Ovejas, 1854m	26
TOP 3	4.30 hrs. Barranco de la Madera	30
4	5.00 hrs. From Breña Alta to El Paso	34
5	2.45 hrs. Fuentes de Las Breñas	38
6	6.15 hrs. From Los Cancajos to Mazo	42
7	5.00 hrs. From Mazo onto Roque Niquiomo, 1277m	46
8	3.45 hrs. From Mazo to the Playa del Azufre and to La Salemera	50
9	5.25 hrs. From Puntallana to Los Sauces	52
TOP 10	2.50 hrs. Cubo de La Galga	56
TOP 11	3.10 hrs. Marcos y Cordero	58
TOP 12	5.45 hrs. From Los Tilos to the Cordero spring	60
13	1.50 hrs. Monte El Canal y Los Tilos	64
14	1.00 hr. Barranco del Agua	66
15	3.00 hrs. From Los Tilos via Las Barandas to Los Sauces	68
16	4.15 hrs. From Pico de la Cruz to Los Sauces	70
17	5.05 hrs. From Los Sauces to Barlovento	72
	The north	76
18	2.40 hrs. From Barlovento to La Fajana	78
TOP 19	4.00 hrs. From Barlovento to Franceses	80
20	6.30 hrs. From Roque Faro to Barlovento	84
21	6.30 hrs. From Roque Faro onto Pico de la Cruz, 2351m	86
22	4.00 hrs. From Roque Faro to El Tablado and on to Franceses	89
23	4.30 hrs. From El Tablado to Don Pedro	92
TOP 24	4.30 hrs. From La Zarza to Don Pedro	94
25	2.10 hrs. From La Zarza to the Ermita San Antonio	98
26	3.50 hrs. From Juan Adalid to the Playa de El Mudo	100
TOP 27	5.30 hrs. From Santo Domingo to El Tablado	104
28	2.00 hrs. From Santo Domingo to the Dragos Salvatierra	108
29	5.10 hrs. From Santo Domingo to the Puerto and to Cueva del Agua	110
	The west.	114
TOP 30	1.55 hrs. From Las Tricias to Buracas	116
31	5.30 hrs. From Las Tricias to the Lomada Grande	118
32	3.40 hrs. From Las Tricias to El Castillo	122

33	4.10 hrs. From Puntagorda to the puerto	125
TOP 34	5.15 hrs. From Puntagorda onto Tricias, 1209m, and to Briestas	128
35	5.30 hrs. From Tinizara onto Roque Palmero, 2306m	132
36	1.45 hrs. Playa de Garome	135
37	2.00 hrs. From Tinizara to Tijarafe	136
38	1.10 hrs. Playa de la Veta	138
39	4.30 hrs. From Tijarafe to the 'pirates' bay	140
40	5.00 hrs. Hoya Grande and Torre del Time, 1160m	144
41	4.30 hrs. From Los Llanos to Puerto de Tazacorte	148

	The south and the Cumbres	152
42	3.50 hrs. From El Paso to Breña Alta	154
43	5.20 hrs. From El Paso along the Cumbre Nueva	158
44	3.00 hrs. From Tacande to the Llano del Jable	160
45	5.15 hrs. Pico Birigoyo, 1807m, and Pico Nambroque, 1924m	162
46	3.15 hrs. From San Nicolás to Volcán San Juan	168
47	4.45 hrs. From Jedey to El Remo	172
48	3.00 hrs. From Jedey to the Volcán Tajuya, 1078m	174
49	7.45 hrs. From Jedey onto Deseada, 1945m	176
TOP 50	5.45 hrs. Ruta de los Volcanes	180
TOP 51	5.00 hrs. From Los Canarios to Volcán Teneguía and to the Faro	186
52	3.00 hrs. From Los Quemados to Playa de Punta Larga	190
53	2.45 hrs. From Las Caletas to El Puertito	192
54	4.15 hrs. Volcán Martín, 1597m	194
55	6.00 hrs. From Tigalate onto the Deseada, 1945m	198

	The Caldera de Taburiente.	200
56	5.00 hrs. From Los Brecitos to the Cascada de La Fondada	202
TOP 57	4.45 hrs. From Los Brecitos through the Caldera de Taburiente	206
58	7.00 hrs. Through the Angustias gorge into the Caldera de Taburiente	210
TOP 59	4.00 hrs. Pico Bejenado, 1854m	214
60	3.30 hrs. From the Cumbrecita onto Pico Bejenado, 1854m	216
61	2.45 hrs. Camino de Gordian: Ermita Virgen del Pino – Cumbrecita	218
62	5.30 hrs. From the Cumbrecita to Los Llanos	220
63	1.15 hrs. From the Cumbrecita to the Mirador de las Chozas	223
64	4.30 hrs. From the Cumbrecita to the Escuchadero	224
TOP 65	4.15 hrs. Reventón – Refugio Punta de los Roques, 2040m	228
TOP 66	2.40 hrs. Pico de la Nieve, 2239m	230
67	5.40 hrs. From Pico de la Nieve to the Ermita Virgen del Pino	234
TOP 68	3.00 hrs. Roque de los Muchachos, 2426m	236
69	5.00 hrs. From Roque de los Muchachos to Somada Alta, 1926m	238
70	4.25 hrs. From Roque de los Muchachos to Tijarafe	240
71	2 days. Ruta de la Crestera: Virgen del Pino – Puerto de Tazacorte	242

	Index	246
--	-------	-----