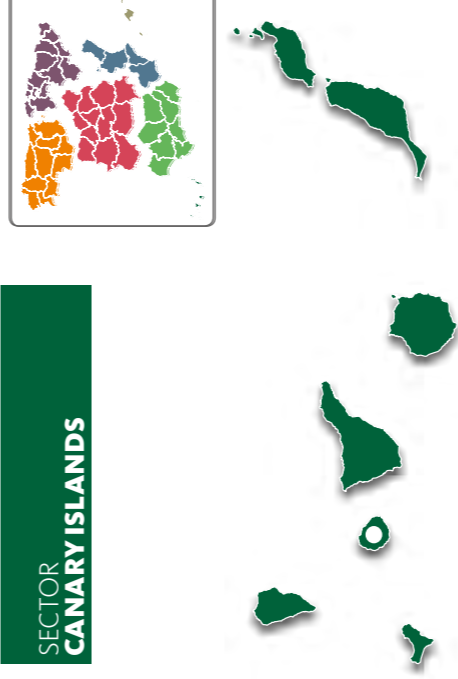


NATURE TRAIL CUMBRES DE LA GOMERA



Guide to the Nature Trails of Spain



SECTOR CANARY ISLANDS

AMONG VALLEYS, ROCKS AND MILLENNARIAN FORESTS



This nature trail connects San Sebastián de La Gomera with the beach of Vallehermoso, almost all its length coinciding with path GR-131. While covering the 3 stages of the trail (plus a branch that connects Vallehermoso with its beach), the traveler passes through a big part of the island's ecosystems (the coasts and the cardonal-tabaibal - a mixed plant formation characteristic from the area- on the base layer; the thermophile forest; the laurel forest and the faya and heather that make up the humid forest - monteverde-; and the Canary pine forest), being able to contemplate the varied insular orography, dotted with rocks of fanciful shapes, as well as deep ravines with a rich endemic vegetation. The magnificent views of the Canarian humid forests in the central plateau, with Garajonay National Park as its best example, makes this trail a true gift for your senses.

Since 1993 the Ministry for Agriculture, Food and the Environment's Nature Trails Program aims to restore former transport infrastructures such as railway tracks, cattle trails and traditional routes, for public use and enjoyment. These routes take us to the countryside to discover the biodiversity and beauty of our precious natural heritage, and discover the villages, sights, traditions and people that are part of the unique cultural landscape of our country.

We invite you to visit them and offer you the keys to enjoy the trip. In this brochure you will find a brief description of the Cumbres de La Gomera Nature Trail and the map for the journey, along with recommendations to make the most of this experience. We only ask one thing of you: do not forget to leave everything as you found it. The conservation of these pathways is also your responsibility.

TELEPHONES OF INTEREST:

- La Gomera Regional Government: 0034 922 14 01 06

SECTOR CANARY ISLANDS NATURE TRAIL CUMBRES DE LA GOMERA

FROM SAN SEBASTIÁN DE LA GOMERA TO DEGOLLADA DE PERAZA

1. The first stage starts at San Sebastián de La Gomera, and the first 1,5 km run on the town. Leaving the town behind, the trail starts a strong ascent, doglegging up the side of El Lomo de las Vueltas, among tababes and balos, up to La Sabina or El Higueral. After Ayamosna, the path alternates stone-paved and asphalt stretches until the Natural Monument of Barranco del Cabrito. Further on, you can admire the canyon of Las Lajas and see the villages of La Laja and Chejelipes. Finally, 6,9 kilometers into the trail, a path leads to the viewpoint of Degollada de Peraza.

FROM DEGOLLADA DE PERAZA TO CHIPUDE

2. This section, 16,3 km long, crosses one of the areas with the highest natural value in the island: Garajonay National Park. Starting at the viewpoint of Degollada de Peraza, the trail reaches the Campos de las Nieves and the rest area of the hermitage of Las Nieves. Then, it continues among Canary Island pines and thick heaths, crossing wooden and metal walkways and the road GM-2. From the viewpoint of Los Roques, you can admire the cliffs of Benchijigua. Further on, from the viewpoint of Morro de Agando, all the Natural Monument of Los Roques can be admired. From the viewpoint of Tajaqué, you can admire the caldera of Benchijigua again, if the usual fog brought by the trade winds. The trail continues, offering

FROM CHIPUDE TO VALLEHERMOSO

3. The third stage is 14 km long and starts at the square of Chipude to cross the cliff of the Manantiales until El Cercado. After crossing this town, a path leads to the cliff of El Agua, belonging to the Gran Rey Valley, where the namesake rural park is located. There is no doubt that this is the most stunning natural park of the cliffs of La Gomera. Following a short ascent, you will arrive on the rural town of Las Hayas, where you can take the Coronoto path and see the hermitage and rest area of this village before entering the Garajonay National Park again.

4. After crossing the road GM-1, the descent down the Araña mountain starts, among a beautiful laurel forest, until the viewpoint Risquillo del Corgo. The

views over La Mulata, with the Agando tock in the horizon, and arrives at the Pajarito roundabout. You will then go uphill until the Garajonay which is the highest peak in the island, 1,487 meters high. On clear days, the neighboring islands of Tenerife, La Palma and even Gran Canaria can be seen. After this point, the path starts descending until it arrives at the village of Igualeto and its viewpoint. Here you will find a monument to Gomeran whistler and a hermitage. From the viewpoint, you can admire the panoramic views over the cliff of Erque, within the Protected Landscape of Orono, with the Natural Monument of the Fortaleza de Chipude on the background. This stretch ends at Chipude, after the China dam and Pavón.

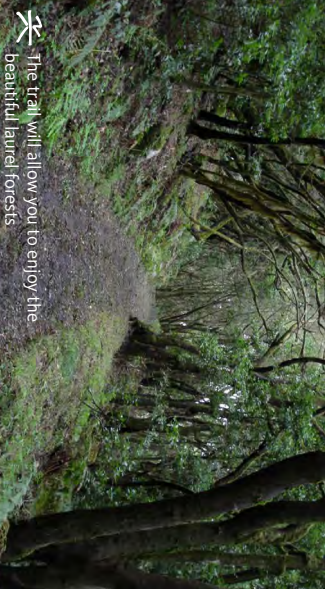
5. After an ascent towards the Cano rocks, with Vallehermoso at its feet, the trail goes downhill up to said village, offering beautiful panoramic views over the Ingenio cliffs and their valley interspersed with Canarian palm trees and terraces. This stage ends at the town square of Vallehermoso. It is possible to connect with one of the stretches of the Costas de La Gomera Nature Trail.

6. From the center of Vallehermoso, you can continue the trail following the 3,7-kilometer long branch leading to Vallehermoso beach. Leaving the town behind and following the road towards the beach, the route crosses the cliff of Valle, passes by the village of Valle Abajo and arrives at the sea park of Vallehermoso and its beach.

FROM VALLEHERMOSO TO VALLEHERMOSO BEACH



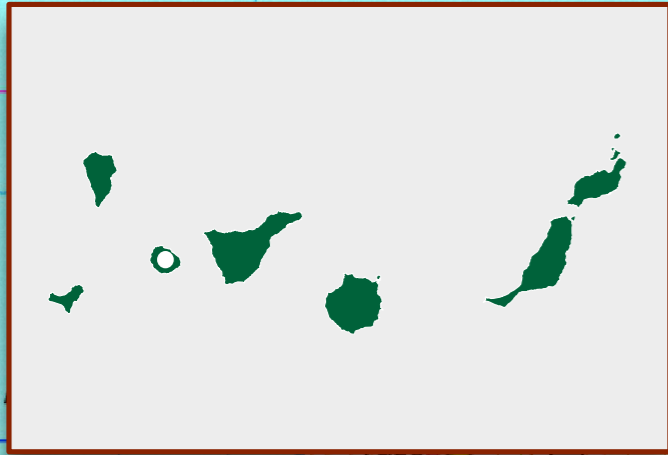
The impressive Roque de Agando, one of the volcanic plugs of Los Roques Natural Monument.



The trail will allow you to enjoy the beautiful laurel forests.



Vallehermoso beach

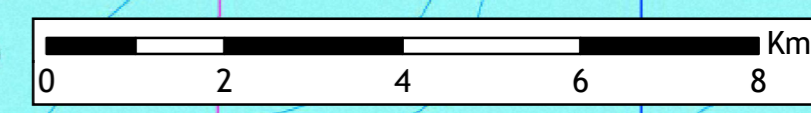


MIDE

Harshness of natural environment	2	▲ Upward gradient	2.025 m
Guidance along the route	2	▼ Downward gradient	2.010 m
Route difficulty	3	≡ ROUTE LENGTH	44,1 km
Amount of effort needed	5	⌚ TIME	15,2 h

● Town ● Point of interest

San Sebastián de La Gomera → **Beach of Vallehermoso**



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NATURE TRAIL CUMBRES DE LA GOMERA

- Starting point
- End of trail
- Information panel
- Rest area
- Feature of environmental interest
- Dam
- Hermitage
- Downtown
- Town
- Parking lot
- Children's games
- Viewpoint
- Beach area