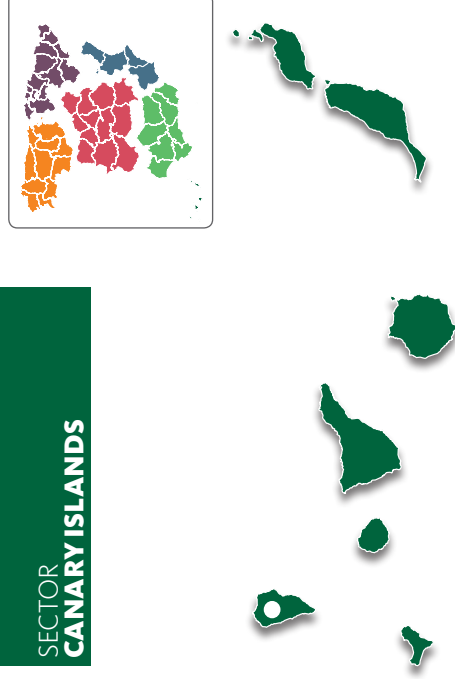


NATURE TRAIL LA PALMA



Guide to the
Nature Trails
of Spain



SECTOR
CANARY ISLANDS

A COMPLETE TOUR AROUND THE "ISLA BONITA" (beautiful island)

La Palma Nature Trail brings together two longdistance itineraries; one is the GR-130, popularly known as the "Camino Real de La Costa y Medianías" (Royal Road of the Coast and Middle Lands) and the other, the GR-131 called "El Bastón" (The Cane).

The first one recovers ancient paths which linked the main villages of the region, and it is currently used for distances covered in half a day.

The second arises from the union of two routes: Route of the Volcanoes, between the shelter of El Pilar and Fuencaliente, and the Ruta de la Crestera that runs along the crest of the National Park Caldera. The GR-131 arises by extending these two routes to the sea and continues through the remainder of the Canary Islands in transverse direction. Its name comes from the rod shape of its path.

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 La Palma 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 Palma Island Council Information: 0034 922 423 100
- La Caldera de Taburiente Visitor's Center: 0034 922 497 277

SECTOR CANARY ISLANDS CAMINO NATURAL LA PALMA

GR 130. CAMINO REAL DE LA COSTA Y MEDIANÍAS

The 159 kilometers of this route, divided in eight sections, go around the island, circularly, starting in Santa Cruz de la Palma and continuing in a counter-clockwise direction.

- 1. From Santa Cruz de La Palma to San Juan de Puntallana**
The trail allows hikers to enjoy the historic quarter of Santa Cruz, see the 335 m deep Barranco del Agua, which has been named a Site of Scientific Interest, and visit the shrine of Santa Lucia.
- 2. From San Juan de Puntallana to Barlovento**
This part of the trail has an accumulated gradient of the slope of 1,100 meters because of the five deep ravines crossing the region. It is an itinerary through some of the most fertile and more efficient farmlands on the island. The historic center of San Andrés and Barranco de Nogales are must-see landmarks.

- 3. From Barlovento to Santo Domingo de Garafía**
This section of the trail runs through the north of the island, where the ravines are deeper and form the Special Nature Reserve of Guelguén. The last 8 km of the trail offer a smoother landscape and warmer weather. The viewpoint, once past Franceses, is worth a visit.
- 4. From Santo Domingo de Garafía to Tíjarafe, passing by Puntagorda**
This stretch offers a continued but very amenable ascent through a beautiful rural landscape among the rugged slopes of ravines. From Buracas hikers can follow a 20 minute detour off the trail that will allow them to see some old and well conserved specimens of Drago trees. Close to Puntagorda is the recreational area of El Fayal, a forest of centenary Canary Islands pine trees and an undergrowth of tree heaths and fire trees.



Drago (*Dracaena draco*), singular tree species characteristic of the Canary Islands

5. De Tíjarafe a los Llanos de Aridane

This is one of the shortest trails but it has marvelous landscape views. It boasts the impressive cliffs at Laderas de Amagar, crossed by a path named Vueltas (rounds) de Amagar because of its 73 bends or curves leading down to the protected landscape of Barranco de las Angustias. Close to this path, travelers can also see the natural monument Los Volcanes de Aridane (Aridane Volcanoes).

6. From Los Llanos de Aridane to Fuencaliente

The first stretch goes through a populated area, while the second is overlooked by the lava fields of the protected landscape of Tamanca and the pine groves of Fuencaliente. The end of the stage reaches the southern cone of the island, with views of the ocean to the east and to the west, and the island of El Hierro just in front.

7. From Los Canarias to Villa de Mazo

The landscape is transformed from crop lands and lone pine groves in the higher lands of Fuencaliente to more developed urban areas such as Villa de Mazo. As it progresses toward the North, the trail makes it possible for us to see the fountain of Los Roques and continues to Tigalate and Tiguero. The glimpse of the islands of Tenerife and La Gomera to the East accompanies us during the rest of the journey.

8. From Villa de Mazo to Santa Cruz de La Palma

The highlights of this section of the trail are the site of scientific interest Juan Mayor, protected area that includes the ravines of Pájaros and Juan Mayor and the Natural Monument Risco de la Concepción a spectacular volcanic complex that offers magnificent views.

GR 131. EL BASTÓN (The Cane)

This other path, also of great difficulty, is 87 km long in three stages. It starts at the Port of Tazacorte, surrounding the Caldera de Taburiente National Park and crosses the island to the south, ending at the lighthouse of Fuencaliente.

A. From Puerto de Tazacorte to Roque de los Muchachos

This first section is a hard ascent from sea level. Along the climb, we reach in succession the Time viewpoint and the Hoya Grande viewpoint, from where we can see the Aridane Valley and Caldera respectively. Once past the crag of Las Pareditas and of Somada Alta, we reach Los Pinos Gachos (Hunched Pines). Its name makes reference to the tortuous shape of the pines, caused by the fires that have plagued this area. This is one of the most spectacular places of the whole trail, because it allows visitors to see the full extent of the Caldera. Further on, we reach La Degollada (the pass) as a prelude to Roque de los Muchachos, where this stretch of the trail ends, at 2,426 metres, the highest point of the island.

B. From Roque de los Muchachos to El Pilar shelter

The stretch runs along the entire edge of Caldera de Taburiente, from Roque de los Muchachos to the shelter at Punta de los Roques, avoiding the higher areas and staying at all times at an altitude of over 2,000 meters. The second stretch descends rapidly from the shelter at Punta de los Roques to the track at La Hilería, from where it is possible to make out, in the distance, Santa Cruz de La Palma to the east and the Aridane Valley to the west. The third reaches the shelter at El Pilar, and showcases the great diversity of landforms in the area, and the transition toward crop lands

C. From El Pilarshelter to Fuencaliente lighthouse

The section takes us through the Volcano track, which runs along the higher areas of the natural park of Cumbre Vieja and goes through some of the most spectacular volcanic craters in the Park, such as Hoyo Negro, Duraznero or Cabrito. Pines begin to take over in the vicinity of the recreational area of Fuente de los Roques, anteroom to Fuencaliente. The Nature Trail skirts the San Antonio volcano and reaches the lighthouse of Fuencaliente, where the trail known as "El Bastón" comes to its end. The beach and the salt marshes - named a Site of Scientific Interest - are well worth visiting.



Views from Barranco de los Nogales (Los Nogales ravine)



Detail of Caldera de Taburiente's slopes

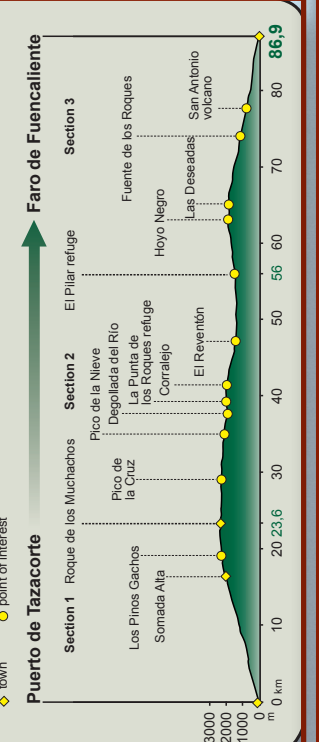
Isla de La Palma

GR 130



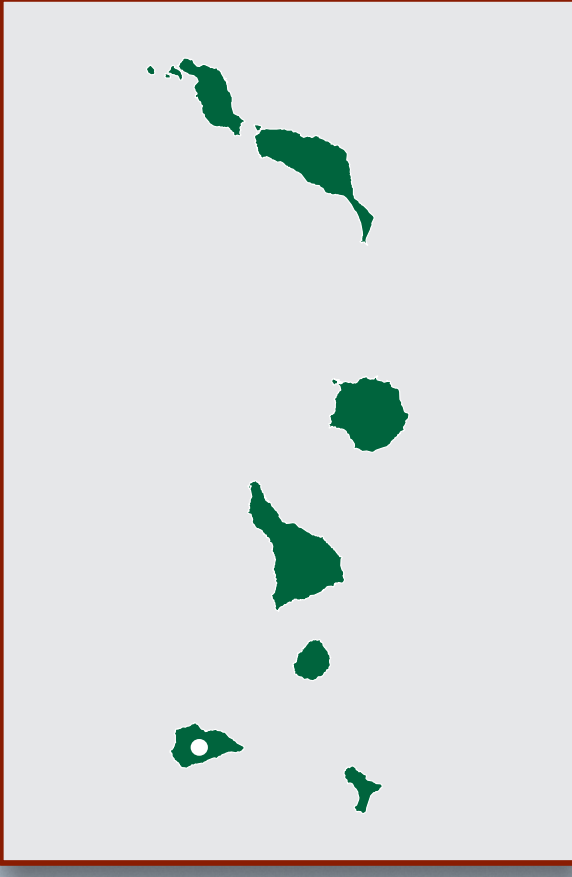
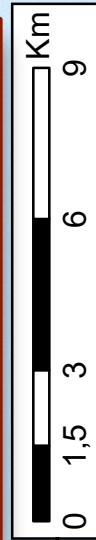
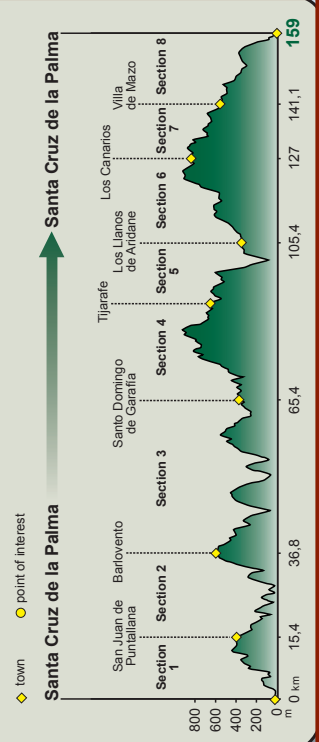
MIDE
LA PALMA NATURE TRAIL, GR 131

Harshness of natural environment	4	Upward gradient	3.455 m
Guidance along the route	2	Downward gradient	3.460 m
Route difficulty	3	ROUTE LENGTH	86,9 km
Amount of effort needed	5	TIME	31 h



MIDE
LA PALMA NATURE TRAIL, GR 130

Harshness of natural environment	2	Upward gradient	5.750 m
Guidance along the route	2	Downward gradient	5.745 m
Route difficulty	2	ROUTE LENGTH	159 km
Amount of effort needed	5	TIME	46 h



SECTOR CANARY ISLANDS



NATURE TRAIL LA PALMA

- Route start
- End of route
- Viewpoint
- Hostel
- Parador
- Natural/National Park