

Contents

Foreword	3
Tourist tips	6
The best walks on La Palma	7
Walking on La Palma	10
Leisure activities on La Palma	13
Information and addresses	14
Timetable for the most important bus routes	17
Overview map La Palma	18
Santa Cruz and the east	19
1 From Santa Cruz to the Mirador de la Concepción, 398m	22
2 Pico Ovejas, 1854m	26
3 Barranco de la Madera	30
4 From Breña Alta to El Paso	34
5 Fuentes de Las Breñas	38
6 From Los Cancajos to Mazo	42
7 From Mazo onto Roque Niquiomo, 1277m	46
8 From Mazo to the Playa del Azufre and to La Salemera	50
9 From Puntallana to Los Sauces	52
10 Cubo de La Galga	56
11 Marcos y Cordero	58
12 From Los Tilos to the Cordero spring	60
13 Monte El Canal y Los Tilos	64
14 Barranco del Agua	66
15 From Los Tilos to the Mirador de las Barandas and to Los Sauces	68
16 From Pico de la Cruz to Los Sauces	70
17 From Los Sauces to Barlovento	72
The north	76
18 From Barlovento to La Fajana	78
19 From Barlovento to Gallegos	80
20 From Roque Faro onto Pico de la Cruz, 2351m	84
21 From Roque Faro to El Tablado	88
22 From El Tablado to Don Pedro	92
23 From La Zarza to Don Pedro	94
24 From La Zarza to the Ermita San Antonio	98
25 From Santo Domingo to El Tablado	100
26 From Santo Domingo to the Puerto and to Cueva del Agua	104
The west	108
27 From Las Tricias to Buracas	110
28 From Las Tricias to the Lomada Grande	112
29 From Puntagorda onto Tricias, 1209m, and to Briestas	116
30 From Tinizara onto Roque Palmero, 2306m	120
31 Playa de Garome	123
32 From Tinizara to Tijarafe	124
33 Playa de la Veta	126
34 From Tijarafe to the 'pirates' bay	128
35 Hoya Grande and Torre del Time, 1160m	132
36 From Los Llanos to Puerto de Tazacorte	136
The south and the Cumbres	140
37 From El Paso to Breña Alta	142
38 From El Paso along the Cumbre Nueva	146
39 From Tacande to the Llano del Jable	148
40 Pico Birigoyo, 1807m, and Pico Nambroque, 1924m	150
41 From San Nicolás to Volcán San Juan	156
42 From Jedey to El Remo	160
43 From Jedey to Volcán Tajuya, 1078m	162
44 From Jedey onto Deseada, 1945m	164
45 Ruta de los Volcanes	168
46 From Los Canarios to Volcán Teneguía and to the lighthouse	174
47 Volcán Martín, 1597m	178
The Caldera de Taburiente	182
48 From Los Brecitos to the Cascada de La Fondada	184
49 From Los Brecitos through the Caldera de Taburiente	188
50 Through the Angustias gorge into the Caldera de Taburiente	192
51 Pico Bejenado, 1854m	196
52 From the Cumbrecita onto Pico Bejenado, 1854m	198
53 From the Ermita Virgen del Pino to the Cumbrecita	200
54 From the Cumbrecita to Los Llanos	202
55 From the Cumbrecita to the Mirador de las Chozas	205
56 From the Cumbrecita to the Escuchadero	206
57 From the Reventón to the Refugio de la Punta de los Roques, 2040m	210
58 Pico de la Nieve, 2239m	212
59 From Pico de la Nieve to the Ermita Virgen del Pino	216
60 Roque de los Muchachos, 2426m	218
61 From Roque de los Muchachos to Somada Alta, 1926 m	220
62 From Roque de los Muchachos to Tijarafe	222
63 Ruta de la Crestería: Ermita Virgen del Pino – Puerto de Tazacorte	224
Index	228