

ROUTE DESCRIPTION

● Itinerary



SOCORRO BEACH

START

1 We start off our hike at sea level. We take the road that leads us to the TF-5 main road and we ascend up to the first road crossing.

2 At the Guindaste crossing we go through the tunnel and cross the road to take the path next to the signpost.

3 We climb to the upper part of the ridge from where we then descend to "camino de la Cueva" and then continue ascending to "calle Tigotán".

4 At the intersection we turn left and walk until we reach the intersection with "camino de las Piedras" to the right. Then we go up and left to "calle Tigua".

5 Here we turn right and begin the ascent to "camino de las Vueltas."



Views of La Rambla from El Riego

6 For more than a kilometre we walk up a winding, stone paved path until we reach the TF-342 main road.

7 We turn right onto the walkway along the side of the road in direction of the El Lance lookout.



Path in the area of El Asomadero

8 Once we pass the lookout, we will continue along the walkway until we see a pedestrian crossing on the left which we must take to go onto "Calle El Lance".

9 After passing through the inhabited part we reach an agricultural area where we will find the path that will take us to the lookout of "La Corona".

ROUTE MAP



10 We remain on this path until we reach the Asomadero outlook. We have to be careful because terrain is steep and the ground can be slippery.

11 Trail PR 40 runs through the Asomadero outlook. We continue on our ascending path.

16 At the end of trail 22 we connect with trail number 6 in the area of "Montaña de Los Conejos" (Rabbits' Mountain) that also belong to the network of trails of the National Park. Further along we switch onto trail number 7 that will take us to the summit.

17 Halfway along the trail from "Montaña Blanca" we arrive at the Altavista refuge where we can rest before we continue to "La Rambleta".



Montaña Blanca

12 A few metres further on we get to a crossroads where we keep ascending along the main trail.

13 We cross an area of shrubland and pine forest with several intersections that we ignore. We reach an area known as "Piedra de los Pastores" (Shepherds' Stone) and continue along the main trail.

14 We continue along the trail from the previous junction. Once we cross the barrier we continue along the main trail that curves to the left and then we take the trail that continues to the right. We don't leave the trail until we reach the base of the "Fortaleza" cliff. Once we get there we do a short descent onto the plain.



The "Guancheros" o "Las Brujas" plain

15 Once we arrive on the plain, we turn right onto the main trail that leads us past a fenced plot of land, to National Park trail number 22 on the left.

18 Trail 7 ends here and we walk left onto the Telesforo Bravo trail that will take us to the summit. This trail can only be used with a special permit that has to be applied for before hand at the National Park's offices.

19 The summit is the mid point of Route 040. From here, at 3.715 metres above sea level, on a clear day you can see all seven islands and large part of the island of Tenerife.

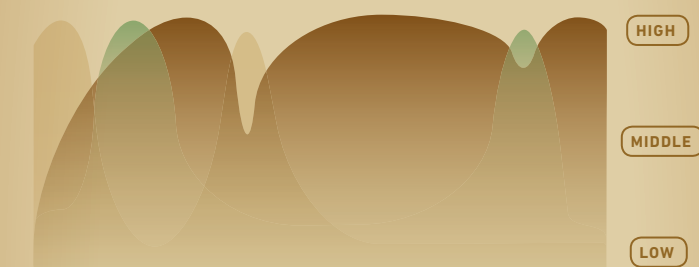
FINISH

SITUATION



TYPE OF LANDSCAPE

● NATURAL ● RURAL ● URBAN



TECHNICAL INFORMATION

DIFFICULTY VERY HIGH
TYPE OF TRAIL CIRCULAR

MIN. ALT. 0 METRES	HORIZONTAL DISTANCE 53.61 KM	MAX. ALT. 3.715 METRES
CUMULATIVE DROP OF ASCENT 3.812 METRES	CUMULATIVE DROP 7.702 METRES	CUMULATIVE DROP OF DESCENT 3.116 METRES

LEGAL DISCLAIMER

This leaflet is meant to be informative. The information it contains can depart from reality and cannot precisely represent the actual state of trails and paths which may have suffered alterations due to weather and other factors after this information was printed. We remind you that adequate means and equipment have to be used for hiking and that you should always act with the necessary precaution that this activity demands. The town hall of Los Realejos publishes this leaflet to make the trails of the municipality known to the public and does in no manner assume responsibility for its incorrect or negligent usage.

FURTHER INFORMATION ABOUT THE TRAIL



EMERGENCY PHONE
112



Partial view of Socorro beach

INTRODUCTION



Tenerife's route 040 is an adventurous trail that reaches the summit of mount Teide, starting from the shore of Socorro beach in the municipality of Los Realejos and returning on the same path until one has once again set foot on the volcanic sand of the beach.

It is the trail with the largest drop in Spain, with around 7,600 meters of accumulated drop in total and 54 kilometres of alpine trail that makes Tenerife attractive for its extreme challenges.

For experienced runners and properly trained athletes, the route

is considered a challenge that can be completed in a single day. For those less prepared in this type of tests, it is recommended to enjoy the route in several stages, more comfortably and with equal satisfaction.

In addition, the climatic conditions of the island allow this trail to be done during much of the year, except in winter when Teide is often covered with snow.



Teide Violets (*Viola cheiranthifolia*)

FLORA AND FAUNA



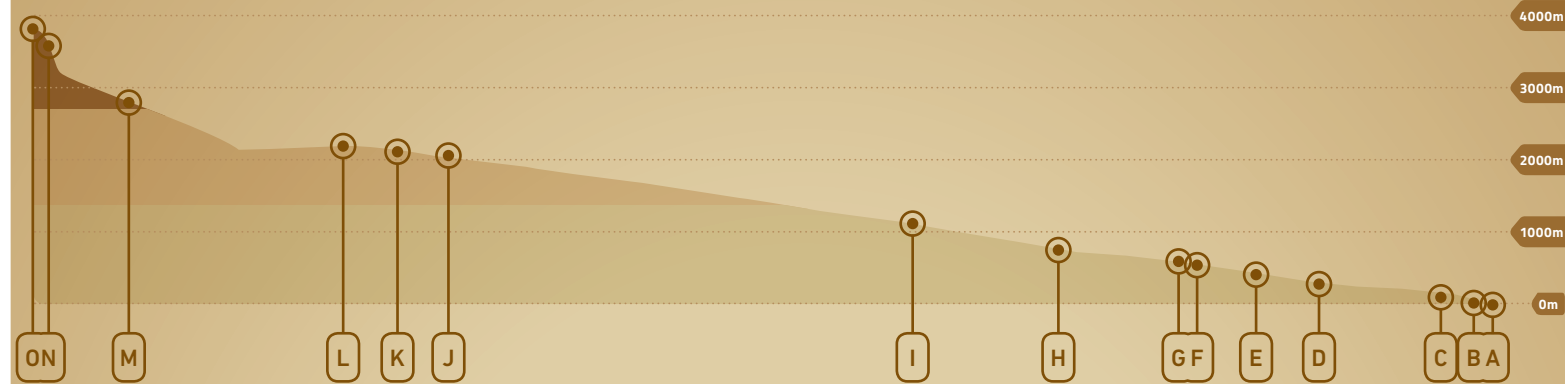
The trajectory of Route 040 takes us into protected natural reserves such as the Rambla de Castro, Tigaiga, Campeches and Ruiz, the Corona Forestal and the Teide National Park, where we can get to know first hand the wealth of the ecosystems and altitudinal zones of the north side of the island of Tenerife.

The rich biodiversity is evident in the multitude of plant and animal species that live in these places, especially on the slopes of Tigaiga, which reach from the cliffs on the coast to El Cabezón in the Teide National Park, where

we find authentic relics of our natural heritage.

We can find many species of flora along the whole trail: the palm groves of the coast, the striking dragon trees, the shrublands and laurel forests, the extensive pine woods and broom bushes on the summits. Here we can find the Tenerife blue chaffinch, the laurel pigeon and Bolle's pigeon, the blackcap as well as a rich invertebrate fauna.

PROFILE



POINTS OF SPECIAL INTEREST

A Socorro beach receives its name from the estate and hermitage that are located on its upper part. For several years now it has received the European Blue Flag due to the quality of the water and the services available.

B The hacienda of the Viscount of Buen Paso had dwellings for the sharecroppers, gardens, seating areas and the main house with a U-shaped floor plan, inside which is a courtyard which was divided by a wall after the partition was made in 1863.



The "Cuatro Ventanas" hacienda

C The "Cuatro Ventanas" hacienda has an ample architecture with two buildings, windows on the north side and several adjacent structures on the south side. It is currently used as a tourist accommodation.

D The district of Tigaiga invites you to visit some of its old houses, such as the Casa de La Era, La Cantera or La Coronela, its chapels and the hermitage of Our Lady of Immaculate Conception, founded in 1617, next to the Hacienda De La Fuente. A few metres from the hermitage, is the old Tigaiga laundry area, declared of public utility in 1701.

E The road known as "Camino de las Vueltas" is an old trail from pre-hispanic times that connected the kingdom of Icode with that of Taoro. It used to be the only road between Icode el Alto and Los Realejos until well into the 20th century.

F The El Lance lookout is a prominent place, from where we can contemplate the entire Orotava Valley and part of the island's north. The monumental statue of Mencyey Bantor that stands here is also worthy of admiration.

G In aboriginal times Icode el Alto belonged to the menceyato (kingdom) of Icode. After the conquest it was called Icode de los Trigos and later Icode el Alto. The festivities held on the last Sunday of August in honour of our Lady of Good Voyage are very popular.

H The lookout of La Corona rises above the well-known Risco Blanco, allowing a general view of the entire north of the island of Tenerife.

I From the Asomadero lookout, located at 1,100 meters of altitude, you can enjoy spectacular views of Teide and the entire La Orotava Valley.



Views from the Asomadero lookout

J The Tigaiga mountain range closes the La Orotava valley to the west. In its upper part is the Cabezón at 2,172 meters of altitude. In this place we contemplate part of the old volcanic edifice of Las Cañadas, views of Teide, part of the high altitude forest.

K Fregel's Cross is the Christian symbol at the highest altitude in the municipality of Los Realejos. It has a modest chapel known as "La Degollada del Cedro".

L La Fortaleza (2,190 m. altitude) is constituted as the only vestige that remains of the old Las Cañadas edifice. After its collapse, this steep formation composed of reddish and ochre phonolitic lavas remains.

M "Montaña Blanca" (White Mountain) is the name given to this volcano, that is flat and rounded in shape, after the volcanic material that covers it, which is yellowish-white in colour.

N La Rambleta is the name of the platform that was the result of an ancient crater that was later buried by another eruption of Teide.

O This last part of the great Teide volcano is the "Pico", where the crater is located. In this area the so-called fumaroles are frequent: small columns of smoke that rise from ground. The strong smell of sulphur is common.



The peak of mount Teide



TRAIL 040

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GENERAL RECOMMENDATIONS



THINK AHEAD

Wear adequate clothes and shoes, bring sunscreen, a hat, a jacket and a charged mobile phone.



HIKE IN COMPANY

Inform family or friends about your route and only walk on marked paths.



AVOID MAKING NOISE

You will enjoy nature better in silence.



DON'T LEAVE RUBBISH

Take any rubbish with you and be especially careful with cigarette ends.



RESPECT THE ENVIRONMENT

Do not take plants, animals nor objects. Respect the locals' way of life.



BE CAREFUL

Hiking in nature holds risks. You hike under your own responsibility.

BUS

Playa El Socorro (Code 5067): Line 546 (only in summer).
El Socorro, next to TF-5 (Code 4331): Lines 107, 108, 363 and 325.
Montaña Blanca (Code 7687): Line 348

+INFO:

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