



NATURE TRAILS IN THE CANARY ISLANDS



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In the following pages, the 7 Nature Trails running through the Canary Islands are briefly described. Two types of trails may be distinguished: circle trails and trails that run along the GR-131 footpath which aims to connect all islands. The circle routes are: La Palma Nature Trail (GR-130), the Circle Route along Traditional Paths of El Hierro Nature Trail, and the La Gomera Coastline Nature Trail (GR-132). Besides, there are six Nature Trails which are included in the GR-131 footpath: El Bastón (GR-131), in the island of La Palma, included in La Palma Nature Trail; the Anaga-Chasna Nature Trail in Tenerife; the GR 131 Path in the Traditional Paths of El Hierro Nature Trail, GR-131, in the Cumbres de la Gomera Nature Trail, the Orzola-Playa Blanca Nature Trail in Lanzarote (still to be recognised), and the Fuerteventura Nature Trail. This last trail includes, in fact, a network of 13 smaller trails.

Anaga-Chasna (Santa Cruz de Tenerife).

The Anaga-Chasna Nature Trail, 85.7 km long, runs along a beautiful landscape that crosses the woodland and peaks of the island of Tenerife. During the walk, the traveller may admire the marked contrasts of the Tenerife landscape, from the lush vegetation of the Macizo de Anaga (granted Biosphere Reserve status in 2015) to the whimsical shapes of volcanic rock, over which looms the Teide, at 3,718 m the highest peak in Spain.

MORE INFORMATION:

www.caminosnaturales.es

Cumbres de La Gomera Nature Trail



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Volcanic islands, caressed by the trade winds and the Atlantic ocean breeze, in which unique ecosystems, such as the cardonal-tabaibal (characterised by the Canarian spurge), the laurel forest of Canarian high mountains (with the Teide as its finest example), are hidden away on a rich and diverse orography with stunning shapes and colours. The visitor is welcomed by a mild climate all year long, which allows them to enjoy these islands and their seven Biosphere Reserve sites as granted by the UNESCO.



La Palma (Santa Cruz de Tenerife).

The Nature Trail that runs across the island of La Palma (Biosphere Reserve since 1983) is composed by two main paths GR-130 and GR-131. The first of them is a circle route of 159 km which runs along the old roads used to go from one village to another, and is called the Camino Real de la Costa (Royal Coastline Road) or Camino Real de Mediantías (Royal Ravine Road). The second path is 86.9 km long and was born from the union of the Volcano Route and the Peak Route, which runs along the peaks of the Caldera de Tarburiente National Park.

Traditional Paths of El Hierro (Santa Cruz de Tenerife).

This Nature Trail across the El Hierro island, Biosphere Reserve since 2000, is formed by two trails. The first one is a 104 km long Circle Route, which consists of 15 stages and runs along the so-called "traditional paths" of the islands, among woods, crops and ravines, and on which the walker will find viewpoints, volcanic areas and juniper trees. The second one is the 42 km GR-131 path crosses the centre of the island; its first stage coincides with the Camino de la Virgen, in ancient times the island's main road and backbone.

Fuerteventura (Las Palmas).

From Isla de Lobos to Punta de Jandía, the GR-131 runs 153 km characterised by the marked diversity of Fuerteventura's nature: in fact, the whole island was declared a Biosphere Reserve by the Unesco in 2009. This trail is completed by 13 short trails (97 km in total) which run, among other sites, by the volcanic cone of Tindaya.

Cumbres de La Gomera (Santa Cruz de Tenerife).

Almost the entire layout of this 44.1 km trails coincides with the GR-131 footpath. The traveller may enjoy the distinctive vegetation of the island when crossing the Garajonay Natural Park, and the changing orography of the island, which is scattered with lone rocks in whimsical shapes and deep ravines.

Costas de La Gomera (Santa Cruz de Tenerife).

This Nature Trail runs along the coast of the La Gomera island and coincides with the GR-132 footpath. When walking this trail, the traveller will enjoy the stunning landscape if this island (declared Biosphere Reserve in 2012), criss-crossed by deep ravines and high cliffs.

Lanzarote (Las Palmas).

This trail, 72.6 km long, crosses the volcanic island of Lanzarote in a northeast-southwest direction, so the traveller may enjoy the beauty of this island declared Biosphere Reserve by UNESCO in 1993, and more than 40% of the surface if which belongs to the Canarian Network of Protected Natural Spaces.



La Palma Nature Trail



Traditional Paths of El Hierro Nature Trail



La Gomera Coastal Nature Trail



ATLANTIC OCEAN



LANZAROTE

ATLANTIC OCEAN

Cumbres de La Gomera NT

Costas de La Gomera NT

EL HIERRO



LA GOMERA

Anaga-Chasna NT



TENERIFE

Fuerteventura NT



FUERTEVENTURA

