

HIKING TENERIFE

7 DAYS

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BONUS: COMPLETE MAP OF TENERIFE

DAY 1

WAKE UP

LA LAGUNA

HIKE OF THE DAY

CRUZ DEL CARMEN TO PUNTA HIDALGO



MODERATE



LINEAR



10KM



4H

BUS CONNECTIONS | HIKE

ORIGIN

DESTINATION

BUS NR

DURATION

LA LAGUNA

CRUZ DEL CARMEN

275

30MIN

PUNTA
HIDALGO

LA LAGUNA

50

40MIN

CAR PARK HIKE | [HERE](#)

HONEST INSIGHTS OF THE DAY

- ✦ SINCE YOU'RE IN CRUZ DEL CARMEN, YOU CAN ALSO DO THE SHORT HIKE OF [SENDERO DE LOS SENTIDOS](#) AND VISIT ANAGA VISITOR CENTER.
- ✦ IN PUNTA DEL HIDALGO YOU'LL FIND NICE [OCEAN POOL](#), A [COASTAL WALK](#) WITH AMAZING VIEWS AND POSSIBILITY OF BIRD WATCHING. TAKE THE TIME TO EAT SOME NICE FISH IN THIS AREA. FIND THE RESTAURANTS TO EAT IN THE COMPLETE MAP.-
- ✦ EXPLORE [LA LAGUNA](#) STREETS, CULTURAL HOUSES AND RESTAURANTS. ON THE [COMPLETE MAP](#) YOU'LL FIND THE POINTS TO VISIT AND EAT.

OVERNIGHT

LA LAGUNA

NOTES

DAY 1 | HIKE

HIKE OF THE DAY

CRUZ DEL CARMEN TO PUNTA HIDALGO

MEDIUM | LINEAR | 10KM | 4H



MAP OF THE HIKE

TRAIL HIGHLIGHTS

- ✦ CRUZ DEL CARMEN VIEWPOINT WITH PANORAMIC VIEWS OF THE CITY OF SAN CRISTÓBAL DE LA LAGUNA, MOUNT TEIDE, AND THE EASTERN PART OF THE ISLAND.
- ✦ TRANSITION FROM DEEP LAUREL FOREST TO DRAMATIC OCEAN CLIFFS
- ✦ HUGE CLIFFS AND THE OCEAN CRASHING FAR BELOW
- ✦ CHINAMADA – A TRADITIONAL HAMLET KNOWN FOR ITS CAVE HOUSES CARVED INTO THE ROCKS



HIKE TIP

IF YOU PLAN TO LUNCH DURING THE ROUTE, **MAKE A DETOUR TO LAS CARBONERAS** AND EAT AT **RESTAURANTE TESEGUERE**. EVERYTHING IS TYPICAL CANARYAN FOOD AND REALLY GOOD, SO JUST CHOOSE ACCORDING TO YOUR TASTE.