



Red Carreteras de Espacios Naturales Protegidos



Self-guided walking route



Punta del Hidalgo

VIA CHINAMADA

Cruz del Carmen

PR-TF 10 / PR-TF 10.1

EN



Distance: 10.4 km
 Difficulty: Low to high, depending on the section (see profile)
 Public transport: Bus in Cruz del Carmen, Las Carboneras and Punta del Hidalgo. Consult tisa.es and 922 531 300. Radio taxi La Laguna 922 255 555.

Wear suitable footwear. Take some warm clothes, a hat, food, and water. Do not leave any litter or take any souvenirs other than your photos and experiences. Remember you are responsible for your own safety when walking in the countryside, so be sure to go with others and do not leave the marked route.

Do not throw away this leaflet, return it or pass it on to someone else.

Anaga Visitor Centre | 922 633 576

Citizen Hotline | 901 501 901

EMERGENCIAS | 112

Every stone on the path bears witness to human endeavour

This itinerary takes you from cloud forest to ocean shore in just one day's walk. This is not something you can do in many places in the world. You can observe how the landscape is transformed: the ever-damp cloud forest gives way to small settlements and cultivated terraces, to end up in a coastal strip of land flanked by cliffs.

Life in Anaga has never been easy; its inhabitants built and used paths to fetch firewood and bring up the fish, to haul up the harvest on their shoulders, to take care of business in town, and for many other essential tasks in their lives.

The usage of these paths has changed. Today they are used, above all, for sport and to enjoy the landscape, but we should not forget that until recently they were the only means of communication between the mountain villages.

Anaga's many achievements

Anaga is a massif that occupies the eastern corner of Tenerife. Geologically it is one of the oldest parts of the island, where erosion has had time to carve out outcrops and ravines. At Cruz del Carmen, it holds the EU record for biodiversity per square kilometre and is home to species that are unique in the world.

A rich cultural legacy has also endured, notable for its heroic agriculture, accomplished on terrain where it is all but impossible to use machinery, and which still conserves ancient varieties of potatoes, sweet potatoes, vines, and fruit trees.

For these reasons and more, Anaga has garnered national and international recognition. It has been declared a **Rural Park** by the Government of the Canary Islands. It is part of the **European Natura 2000 Network** as a Special Area of Conservation and a Special Protection Area for Birds, including a significant stretch of sea.

Its most recent distinction is as a **Biosphere Reserve**, granted by UNESCO in 2015 with the aim of reconciling the conservation of biological and cultural diversity with the economic and social development of the people who live here. You can contribute to this goal by respecting the environment and its inhabitants and by consuming local products.

If you want to know more:
<https://reservabiosfera.tenerife.es>
www.tenerife.es



From a hot drink in the clouds to a cool drink by the sea

A journey through various climates in a single day

At the summit

The cool, damp conditions at this altitude mean that a raincoat and a hot drink are advisable.

The laurel forest covers this area, which is bathed in clouds. This forest cannot survive without the trade winds that supply it with water through droplets that collect on plants even when it does not rain. There are around twenty species of trees and a multitude of bushes, grasses, lichens, ferns, birds, invertebrates, and micro-organisms, all of which form an interdependent web of life.

At mid-altitude

Once you have moved below the cloud line, the sun usually breaks through and the temperatures are warmer. As a rule, now will be the time to take off your jacket and put on a sun hat.

This area has the most suitable climate for growing crops and for traditional houses, which is why the natural vegetation has been thoroughly transformed. Scattered sabina (*Juniperus turbinata* ssp. *Canariensis*) and dragon trees grow as lonely witnesses of the forests that grew here in the past.

The last section

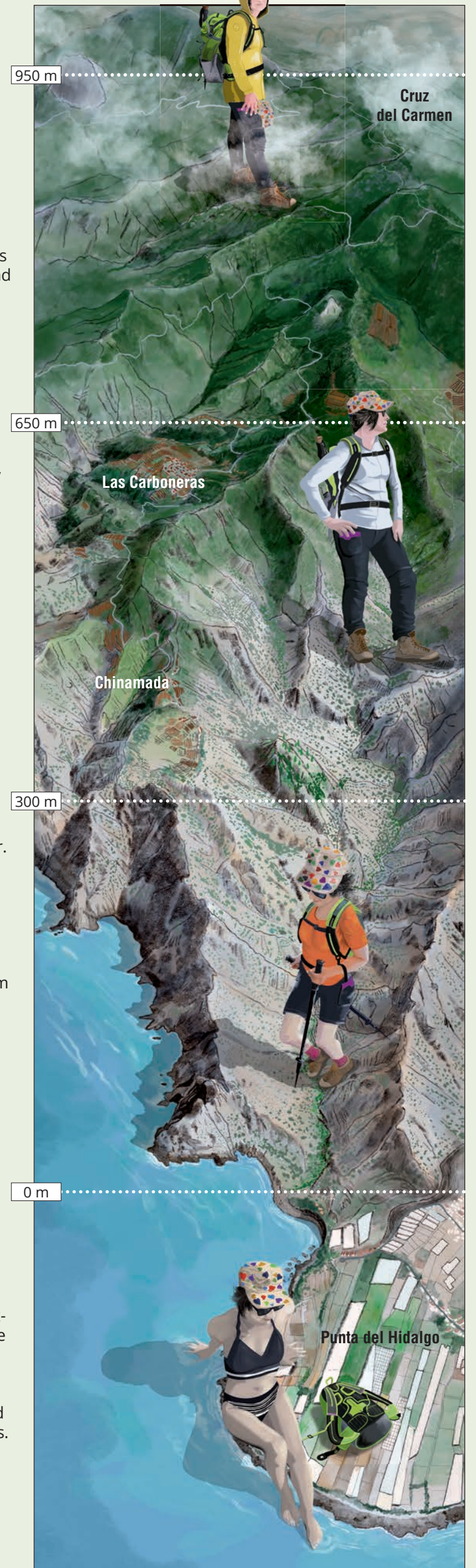
As you descend, it becomes hotter and drier. You will often be able to wear a T-shirt and shorts but take particular care with the sun.

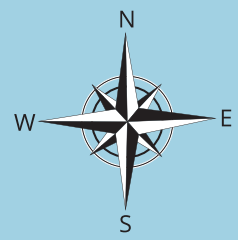
Life also has had to adapt to these harsh conditions; plants often have long roots to seek out moisture and small leaves or thorns to avoid losing it. This is the kingdom of the tabaiba (*Euphorbia balsamifera*) and cardón (*Euphorbia canariensis*), which serve as a hiding place for lizards, birds, and an astonishing variety of small invertebrates.

On the coast

Life by the sea is a matter of survival. Depending on the season, you will find these lands either barren or full of flowers of different plants that rush to produce their seeds when some rain finally falls. The rock-pools on the coast are nurseries for juvenile fish and are frequently visited by crabs and many species of seabird.

When you get here, you deserve a snack and may want to take a dip in the seawater pools.





SCALE 1:20 000

Self-guided walking route Cruz del Carmen – Punta del Hidalgo

This route corresponds to trails PR-TF 10, from Cruz del Carmen to Punta del Hidalgo, and PR-TF 10.1, which leads to the village of Las Carboneras.

of the numbers on the map is indicative and refers to the area where it is easiest to see them.

Will you find them all? If not, you can always return and continue to discover the treasures that Anaga has in store for you.

Along this route, there are countless natural and cultural features to arouse your curiosity. We invite you to find ten of them. The location

- 10** The **cangrejo moro** (*Grapsus adscensionis*), a crab with striking red and blue tones in adult form, takes advantage of the low tides to feed on the algae that grow on the rocks.

It is common to find their empty shells, as they shed them several times as they grow.

- 6** The **Barbary falcon** is a bird of prey that likes coastal cliffs, where it hunts the birds on which it feeds.

Its flight and piercing cry are a frequent spectacle on the cliffs of Anaga; in addition, its status as a great predator indicates the quality of the ecosystem.

- 9** Near the coast, plants grow that are capable of resisting high concentrations of salt. One of the most eye-catching is the **lechuga de mar** (*Astydamia latifolia*); the Spanish name ("sea lettuce") derives from the shape of its leaves.

- 7** Normally pines grow naturally above laurel forests. However, on **Roque de los Pinos**, you can see the only natural pine forest of Anaga, where exclusive endemic species also grow.

- 8** The **cardón** (*Euphorbia canariensis*), with its slender candelabra form, is one of the few large plants capable of living in places with such a harsh climate.

Its strategy is to store water in its stems, as if they were water bottles, and not to have leaves so that not a single drop is lost through evaporation.

- 5** Chinamada is an ancient village notable for the fact that it mainly consists of **cave houses**, carved out of the volcanic tuff. This system, far from being uncomfortable, provides a home that is cool in summer and warm in winter.

- 4** The young **dragon trees** have not yet branched out like those specimens that have stood for centuries. In the villages they are usually planted as a symbol of Canary Island identity and hope for the future.

Perhaps one day they will once again form forests on the mid-altitude belt of the island.

- 2** The **Bolle's pigeon** is one of the jewels of Canary Island fauna. It plays a crucial role dispersing the seeds of trees such as the **viñatigo**, the fruit of which is among its favourites.

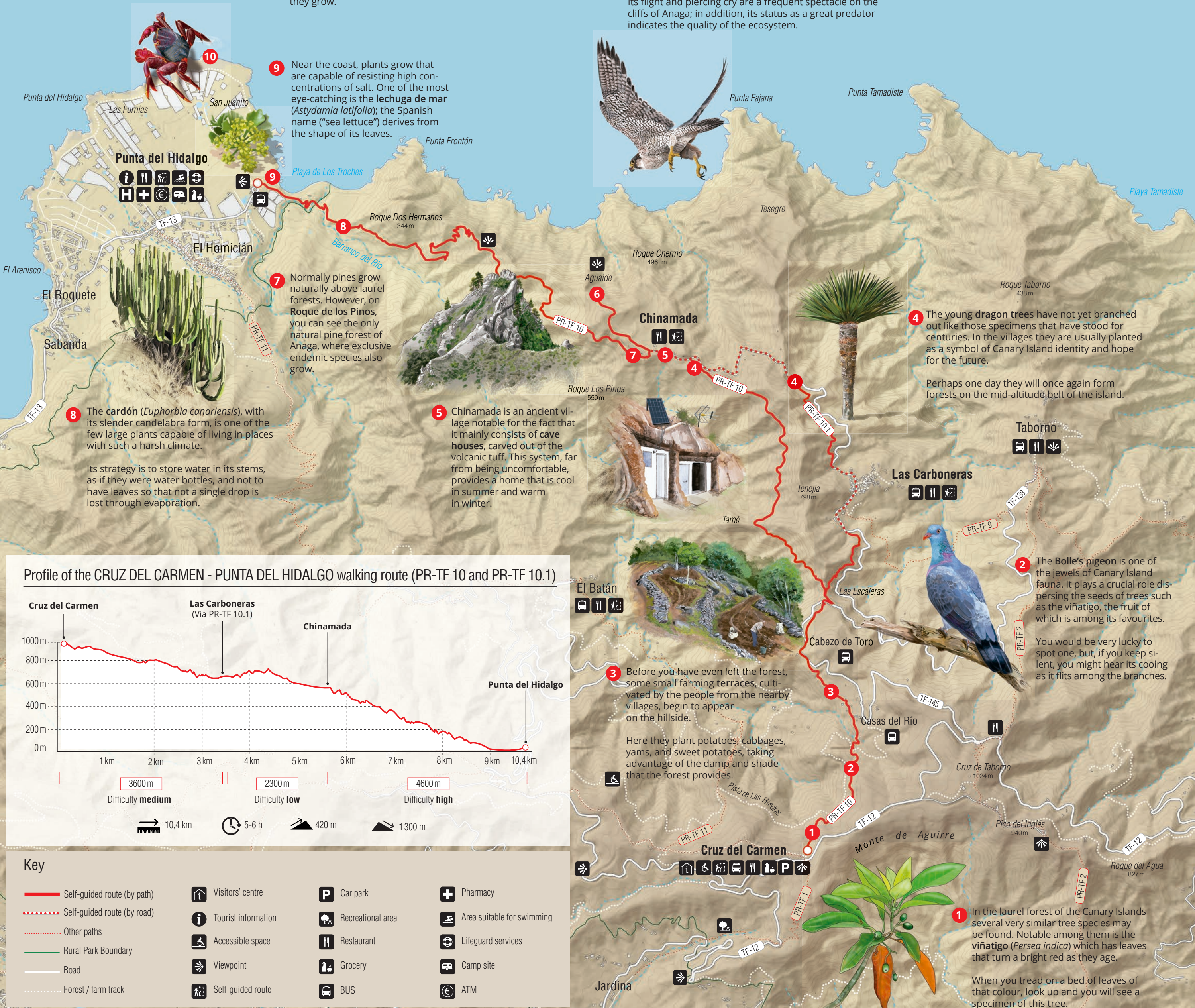
You would be very lucky to spot one, but, if you keep silent, you might hear its cooing as it flits among the branches.

- 3** Before you have even left the forest, some small farming **terraces**, cultivated by the people from the nearby villages, begin to appear on the hillside.

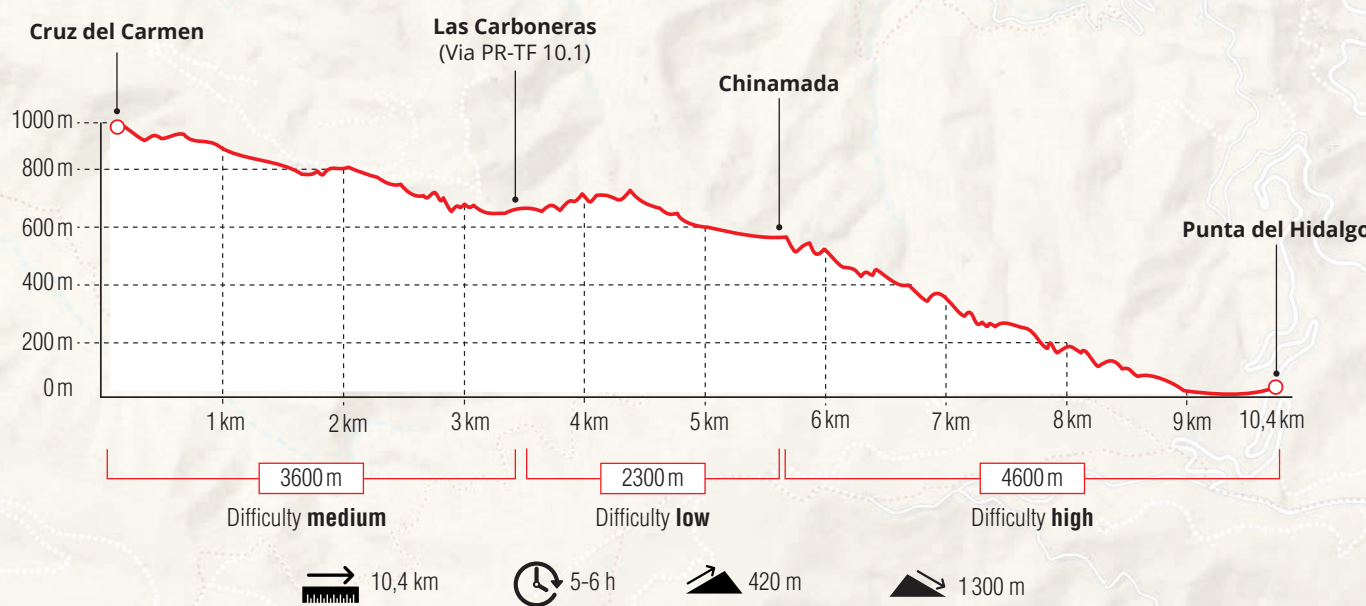
Here they plant potatoes, cabbages, yams, and sweet potatoes, taking advantage of the damp and shade that the forest provides.

- 1** In the laurel forest of the Canary Islands several very similar tree species may be found. Notable among them is the **viñatigo** (*Persea indica*) which has leaves that turn a bright red as they age.

When you tread on a bed of leaves of that colour, look up and you will see a specimen of this tree.



Profile of the CRUZ DEL CARMEN - PUNTA DEL HIDALGO walking route (PR-TF 10 and PR-TF 10.1)



Key

- | | | | |
|-----------------------------|---------------------|-------------------|----------------------------|
| Self-guided route (by path) | Visitors' centre | Car park | Pharmacy |
| Self-guided route (by road) | Tourist information | Recreational area | Area suitable for swimming |
| Other paths | Accessible space | Restaurant | Lifeguard services |
| Rural Park Boundary | Viewpoint | Grocery | Camp site |
| Road | Self-guided route | BUS | ATM |
| Forest / farm track | | | |