



TEN UNMISSABLE TRAILS ON LANZAROTE AND LA GRACIOSA



HIKING AND ENJOYMENT AMONG VOLCANOES



INTRODUCTION

Hiking is a physical activity involving walking trails in natural surroundings for recreation. By walking through different landscapes, it combines valuable features of the natural environment itself, physical activity and visits to unique spots, villages, volcanoes, etc.

Part way between a sport and a walk, between a break and a touring trip, hiking is one of the leisure activities gaining most devotees these days. Breathe in the open air, away from the crowds and urban stress, in direct contact with nature and do physical exercise at the pace and intensity to suit each individual.

In principle, hiking doesn't call for excessive training or long journeys to the place where you're going to do it: a trip through nearby places, or a weekend getting to know natural landscapes on foot are enough to make a start with this sport. As you accumulate technical know-how, experience and physical stamina, the length and difficulty of the routes can be increased.

This activity is getting more and more popular, but it often isn't done properly. People who visit areas suitable for hiking only every so often are not always aware of the aggressions that these natural landscapes can be subjected to, and forget one of the basic principles of hiking: respect for the environment. This is why a basic tenet associated with hiking is environmental education, as a catalyst for the values of nature and as an inseparable part of our knowledge about the environment.

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JUSTIFICATION

On Lanzarote, the coast continues to be the main attraction for people from central and northern European countries (Germany, England, Holland, Belgium...); however, the current context of "sun and beach" tourism is showing signs of reassessment towards more qualitative formulas which attempt to respond to tourist behaviour which is more and more diverse.

The search for complementary leisure for tourism is based on the diversification of tourist attractions on the island, and one of the lines to be pursued is unarguably the promotion of hiking paths; the objective being to look for tourists who make their journey in order to hike in unique landscapes and places. This involves reevaluation of the island's rural and internal economy.

It's a question of promoting hiking as an instrument of local development through the promotion and adaptation of suitable trails.

"The main challenge posed by the recreational usage of cultural heritage consists of achieving a model of product development which represents a sustainable compromise between the principles of proper conservation in terms of value, authenticity and identity, and the interests of the tourist market" (Antón Clavé, 1996).

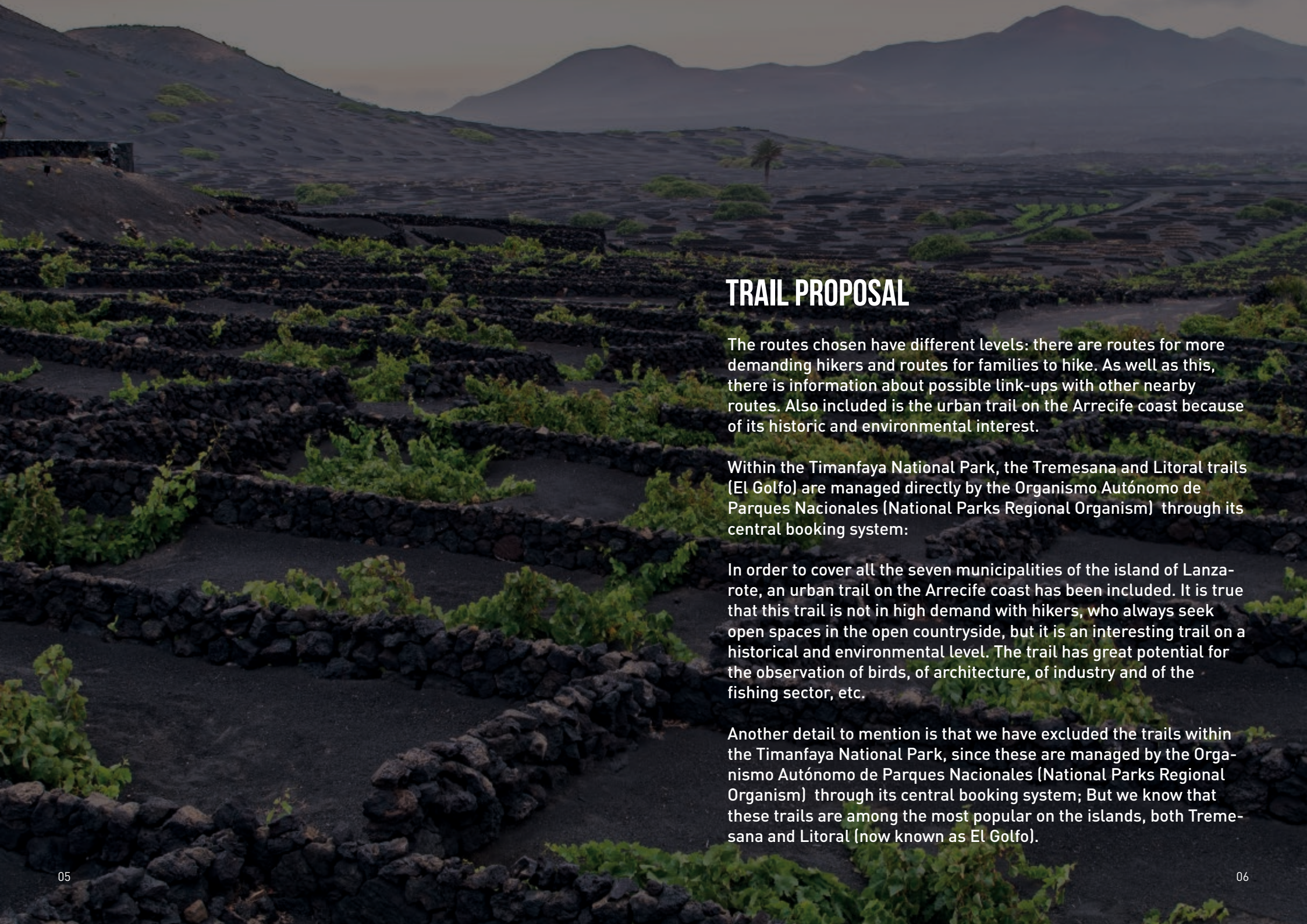
Furthermore, the tourism which this project intends to boost must provide an additional resource for society and enable it to take an

active part in economic and social maintenance, in the protection of landscapes, villages and culture.

In the context of nature and tourism, the hiking paths represent valuable instruments for the interpretation of the terrain.

Hiking as a leisure activity is clearly motivated by a combination of sport, health, exercise, healthy lifestyle, etc., with cultural motives, and it can be taken to be a practice which is particularly suitable in order to unhurriedly learn more about the surroundings, where heritage components, whether natural or man-made, comprise essential attractions of this activity. In line with the growing interest in culture and heritage, the segment of persons interested in walking these paths is nowadays a consolidated and expanding market.

Lanzarote was declared a Biosphere Reserve in 1993, due to the natural and cultural values it contains, as well as the balanced development of sustainable management. And it is precisely on these two basic points on which the promotion of networks of paths on the island must be based. In this way, we seek sustainability in the development of the rural areas and in local development, as well as a new tourist attraction for the visitor.



TRAIL PROPOSAL

The routes chosen have different levels: there are routes for more demanding hikers and routes for families to hike. As well as this, there is information about possible link-ups with other nearby routes. Also included is the urban trail on the Arrecife coast because of its historic and environmental interest.

Within the Timanfaya National Park, the Tremesana and Litoral trails (El Golfo) are managed directly by the Organismo Autónomo de Parques Nacionales (National Parks Regional Organism) through its central booking system:

In order to cover all the seven municipalities of the island of Lanzarote, an urban trail on the Arrecife coast has been included. It is true that this trail is not in high demand with hikers, who always seek open spaces in the open countryside, but it is an interesting trail on a historical and environmental level. The trail has great potential for the observation of birds, of architecture, of industry and of the fishing sector, etc.

Another detail to mention is that we have excluded the trails within the Timanfaya National Park, since these are managed by the Organismo Autónomo de Parques Nacionales (National Parks Regional Organism) through its central booking system; But we know that these trails are among the most popular on the islands, both Tremesana and Litoral (now known as El Golfo).



RECOMMENDATIONS

- ✓ Hike the trail in clothing suitable for walking and comfortable footwear. On the trails which cross volcanic soil or malpaís (karst), walking boots are a must by way of footwear.
- ✓ Take enough water.
- ✓ Use sunscreen and a hat or cap.
- ✓ The use of trekking poles is advisable.
- ✓ In the event of an accident, the emergency number to call is 112. Always remember to carry your mobile phone, with enough charge on the battery.
- ✓ You should take all your rubbish away with you.
- ✓ In Protected Natural Areas, you are not allowed to walk anywhere except on the tracks and paths. Taking shortcuts will only lead to deterioration of the ground surface. Even one simple footprint on the pyroclastic material will take months or years to disappear.
- ✓ Do not pull up vegetation, or disturb the fauna; this way we can all enjoy looking at them. As well as this, many of them are protected by law.
- ✓ The island's population has always felt the need to conserve and protect the natural environment. You can contribute to our culture.











TRAIL 1

CALDERA DE LOS CUERVOS AND MONTAÑA COLORADA

SUMMARY

A trail which runs from the point where Timanfaya erupts, taking us into the basalt magic of the spectacular crater of the Caldera de Los Cuervos. Karst and fields of lapilli take us to the last eruption cone: Montaña Colorada, with spectacular colours and gigantic lava balls. This is the historical and geological heart of the Los Volcanes Natural Park.

TECHNICAL FEATURES

-  Loop
-  Low. Suitable for all walkers
-  8 km
-  3 hours
-  150 metre rise
-  The trail is well marked out and has information tables along the route
-  Highway LZ 56
1.5 kilometre marker
-  Highway LZ 56
2.5 kilometre marker
-  Next to highway LZ-56,
1.5 kilometre marker
-  Tinajo
-  Parque Natural de Los Volcanes

DESCRIPTION OF THE ROUTE

We begin our hike at the Caldera de Los Cuervos car park next to the Tinguatón road, heading southwest along the track which has been prepared and which takes us to the base of the volcanic cone called Caldera de Los Cuervos. We skirt the cone to the right until we reach the north face, where an opening lets us plunge into the back of its crater.

We reemerge from the volcanic cone to carry on walking westwards along the volcano base, and then eastwards in countryside surrounded by karst which came from the eruptions in the 18th century. We return to highway LZ-56, which we cross to reach the base of the volcano called Montaña Negra. We walk along a lapilli track towards the north face of the mountain, crossing by a path along to Montaña Colorada. Montaña Colorada allows us to walk its base along a perfectly clear-cut path. On the southeast side it has the largest lava ball on the island, a geological landmark which makes a spectacular photo.





LICHENS

The living beings which colonise these layers of solidified lava are lichens, organisms which arise from the symbiosis of a fungus and algae. They are capable of surviving on these soils without nutrients, paving the way for other living beings and colouring the layers of the basalt black.

OTRAS OPCIONES

Follow the two trails separately.

Caldera de Los Cuervos: 4 km, 1 hour. Suitable for all walkers.

Montaña Colorada: 3 km.












PLACES AND INFORMATION OF INTEREST

Buried villages: The eruption of the Caldera de Los Cuervos buried Chimanfaya, the first village to disappear under the lava flow. The series of eruptions continued, with as many as twenty-five more volcano mouths making about fifteen villages disappear: Guimón, Masintafe, Rodeo, Mancha Blanca, Buenlugar, Miraderos, Diama, Santa Catalina, Iniguadén and Maretas, among others.

Chimanfaya was the first to disappear, but its name has been kept, although in altered form, to give the name to this whole cycle of eruptions which took place between 1730 and 1736.



TECHNICAL FEATURES

-  Loop
-  Medium
-  10 km
-  3 hours, 30 minutes
-  466 metre rise
-  The trail is well marked out and has information tables along the route
-  Highway LZ-67
13 kilometre marker
-  Highway LZ-67
13 kilometre marker
-  End of the dirt track.
Entrance by highway LZ-67, 13 kilometre marker
-  Tinajo
-  Parque Natural de Los Volcanes

TRAIL 2 CALDERA BLANCA

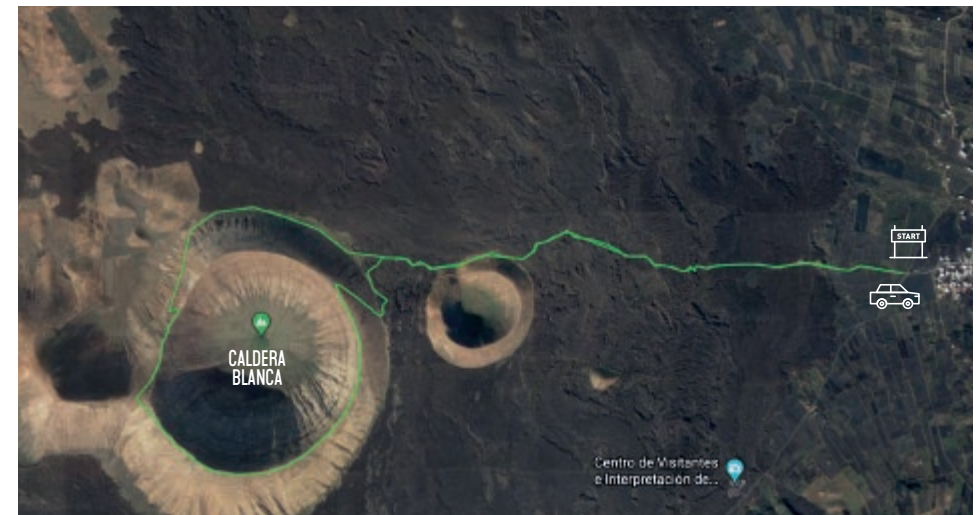
SUMMARY

An impressive route that runs between fields of flow from the Timanfaya eruption and ancient volcanic cones, the islets. Among these cones, we visit Caldera Blanca, an islet with a crater measuring over a kilometre across and from which we can observe the rivers of lava which covered the zone during the period from 1730 to 1736.

DESCRIPTION OF THE ROUTE

The route passes through the Los Volcanes Natural Park, starting from its east side, close to the village of Mancha Blanca. We park on the dirt road which we take from the LZ-67 highway, leaving Mancha Blanca in the direction of the Timanfaya National Park, 150 metres after leaving the village.

The track becomes a path of pure karst, and we keep heading west, until we reach the La Caldereta islet. Which lets us look into its crater at ground level through the northern opening, and observe old dry-stone huts, livestock pens and an almost imperceptible water storage container. We pick up the volcanic path again heading northwest, aiming for the base of Caldera Blanca. We pass by some livestock pens on the left, and after 50 metres we'll see the path taking us up to Caldera Blanca. Once at the edge, this gigantic crater will leave us speechless. We walk along the upper edge towards the peak, on the left, heading southwards. Once we complete the ascent, we begin to go down, following the edge of the crater towards the west side where we have the way down, which takes us to a dirt track. This track lets us follow the edge of the cone by the base, heading east to reach the path which brought us to Caldera Blanca. The return is by the same volcano path to Mancha Blanca.





OTHER OPTIONS

Leave the village of Mancha Blanca, next to the Cultural Centre, but be particularly careful along the 150 metres of the highway, where there is hardly any verge.

PLACES AND INFORMATION OF INTEREST

Islets or Kipukas: These terrains of old soils surrounded by young lava are strongholds of genetic biodiversity, since the flora and fauna of the area remained; it was not destroyed under the lava flows. This is the start of a difficult reconquest of the young soils which surround the islets.

Apañadas: Young goats and sheep are set loose in this terrain after the first autumn rains so that they can eat the annual grasses which sprout in these islets. In spring when nourishment begins to become scarce, the apañada is organised. The shepherds organise themselves to gather in the scattered livestock to the gambuesas (livestock pens in situ) and then transport them to the permanent sheds where they come from in the town of Tinajo.













TRAIL 3 HARÍA - BOSQUECILLO - FAMARA

SUMMARY

A route that starts in one of the most picturesque villages on the island, Haría, the valley of the thousand palm trees, and then moves upwards towards the island's highest peak, with one of the best lookout points over the Famara Cliff and the Chinijo Archipelago. Strongholds of endemic flora accompany us along the zigzagging path which moves down through one of the island's great ravines and which takes us to the idyllic Famara Beach.

TECHNICAL FEATURES

-  Linear
-  Medium
-  9 km
-  3 hours, 30 minutes
-  367 metre rise
643 metre fall
-  The route is not signed. You have to pay close attention at the forks in the path.
-  Plaza de Haría
-  Playa de Famara
-  Good parking on the north side of Haría Square and at Famara Beach.
-  Haría - Tegui
-  Parque Natural del Archipiélago Chinijo

DESCRIPTION OF THE ROUTE

From the main square of Haría, we walk towards Plaza de la Constitución, and we carry on along La Longuera Street for a few metres, before turning left along César Manrique Street. Before the asphalt ends, we take the first turning to the right, going through the gate of the sports centre, and then left, to leave the village between the football pitch and the residential care home for the elderly. We follow the course of the Elvira Sánchez Ravine and we keep going, heading constantly southwest. We walk up through this lush area of pine trees and acacias; these have been planted for reforestation. We reach the zone of the Bosquecillo, a plateau reforested with Acacia ciclops which has tables for picnicking in the open air. On the western edge we have a lovely lookout point to view the Famara Cliff, the Chinijo Archipelago and the Jable region. We walk along the edge of the cliff heading south until we can see the great Poceta Ravine, also known as the Rincón de La Paja. We strike out east to reach the ridge of the birth of the ravine and about 25 metres further southeast is the start of the descent of this ravine. A zigzagging path, a bit slippery to negotiate, which, half way down the ravine, turns into a dirt track with a better surface. We reach Urbanización Famara, which we skirt on the southern side; this takes us to the idyllic Famara Beach.





OTHER OPTIONS

Loop trail: Haría - Bosquecillo - Haría. 7 kilometres.



PLACES AND INFORMATION OF INTEREST

Bakestry: The village of Haría is related with the traditional craft of basketry, using the leaves and the leaf stems of the Canarian palm trees (*Phoenix canariensis*) to manufacture various articles with different uses: Baskets of all shapes and sizes and for all uses, hats, etc. Nowadays the profession is dying out, but there are still a few people working at this craft in this “valley of the thousand palm trees”.

Tunnels and water wells: Associated to this ancient Famara massif is an aquifer which has meant the people living in the area in particular, and from the island in general, have been able to survive. The village of Haría has over 100 water wells, 90% of the wells to be found on the whole island. Furthermore, in the area of Famara Beach, excavations have been made of various water tunnels which were used in the 20th century to provide water for the people in that area and in Arrecife, since a pipe was run in 1953 carrying water to the island's capital.














TRAIL 4

CAMINO DE LOS GRACIOSEROS - BAJADA DEL RISCO

SUMMARY

This ancient vertical track was the communication route for the inhabitants of the Island of La Graciosa with the Island of Lanzarote. The women of La Graciosa were the people who walked up the Famara ridge loaded with seafood they had caught, to sell it and exchange it for agricultural products in the villages of Lanzarote. A spectacular path in the area of greatest biodiversity on the island of Lanzarote. It runs in its entirety through the protected area called Parque Natural del Archipiélago Chinijo.

TECHNICAL FEATURES

-  Loop
-  Medium - high
-  7 km
-  3 hours
-  380 metre rise
-  There is no signage, although the path is easy to make out
-  C/ Las Rositas in Ye Highway LZ 202
-  C/ Las Rositas in Ye Highway LZ 202
-  There is a cobbled area, which is the car park for this path, next to the highway LZ-202. Opposite the Hotel Rural Finca La Corona
-  Tinajo
-  Parque Natural de Los Volcanes

DESCRIPTION OF THE ROUTE

From the Rositas car park, we walk westwards, going down some stone steps to reach a lookout point which shows us the vertical wall of the Famara Cliff and the Chinijo Archipelago. We begin to descend, taking care not to slip, down the zigzagging volcanic path, observing some unique species of plant life (Cerraja de Famara (the Famara Reichardia), Canarian lavender, etc.).

Once we are on the flat area, we turn right towards the northeast, towards Bajorisco Beach. An isolated spot with white sands and turquoise waters which will tempt you to take a dip in this saltwater river. We carry on northeast to see the ancient Gusa (or El Río) salt-works, currently not in use; these were the first salt-works built on the Canary Islands, with references to be found dating back to the 16th century. We have Caleta de Sebo, the capital of the island of La Graciosa, just a few metres across from us.





OTHER OPTIONS

Observation of unique birdlife: Tagarote Falcon, Eleanor's Falcon, etc.

Places to visit: Mirador del Río.

PLACES AND INFORMATION OF INTEREST

Salinas de El Río (Salt-works): This zone of Bajorisco has the oldest salt-works in the Canary Islands, built by Sancho de Herrera in the 16th century; they were in use until the 1970s. They once covered 90,000 square metres, with evaporation and crystallisation pools; the salt-works are of the old type, with a mud base and top production was at 1000 tons.

Camino viejo: This ancient communication route between the inhabitants of La Graciosa and the island of Lanzarote still conserves the memory of women laden down with seafood to sell it or exchange it in Haría and the neighbouring villages. On the way back, the women carried heavy loads of agricultural products, which rounded off the nutrition in their diet.














TRAIL 5 LA CORONA VOLCANO

SUMMARY

A famous volcano in the north of the island of Lanzarote which generated enormous layers of lava, the Corona karst, increasing the island surface area to the northeast. Next to the crater is the starting point of a volcanic tube which is larger in size than the island itself, an enormous volcanic cavity which goes deep under the current sea level. Los Jameos del Agua and La Cueva de los Verdes are parts of this unique subterranean tube.

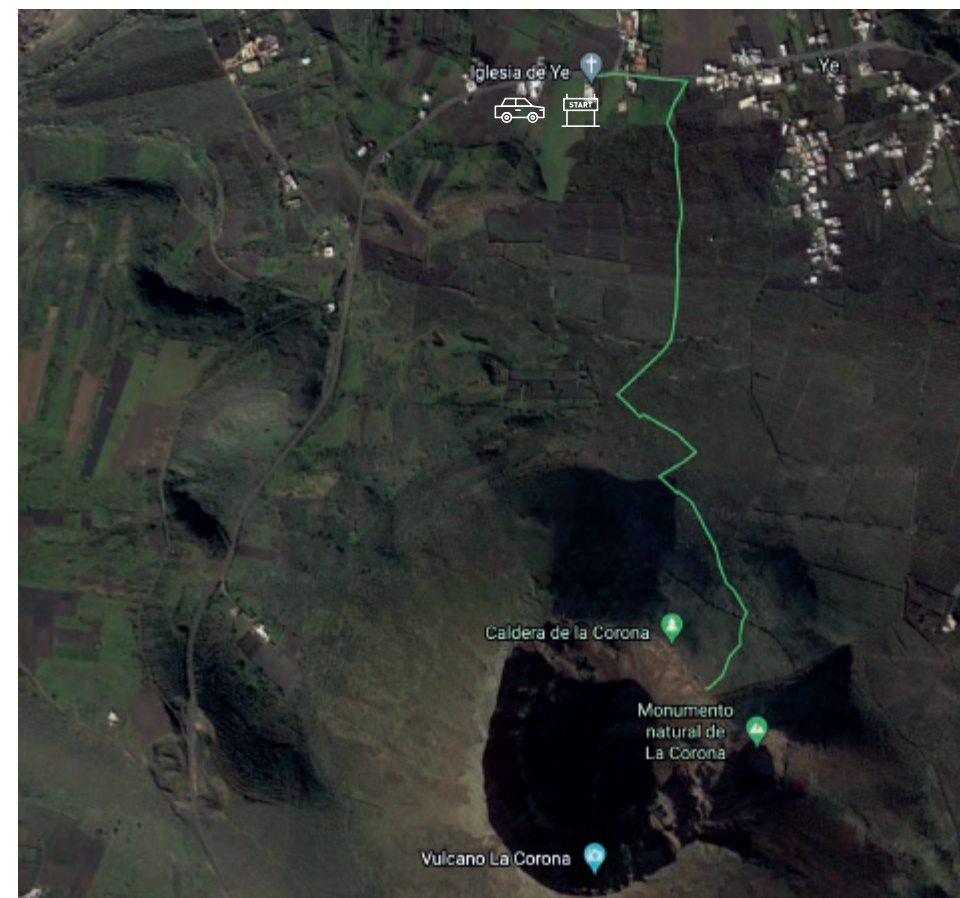
TECHNICAL FEATURES

-  Loop (out and back by the same track)
-  Low
-  3 km
-  1 hours
-  134 metre rise
-  There is no signage but the trail can be followed without difficulty.
-  Ye hermitage. Highway LZ-201
-  Ye hermitage. Highway LZ-201
-  Next to the Ye hermitage
-  Haría
-  Monumento Natural de La Corona

DESCRIPTION OF THE ROUTE

From the Ye hermitage, we walk about 160 metres eastwards along highway LZ-201. We turn south along a dirt track running through vineyards protected by walls of volcanic stone. The trail basically carries on southwards until it reaches the edge of the crater.

A deep crater, with reddish coloured lapilli slopes makes a unique and moving sight. A 360° look around will allow us to see how far the La Corona karst stretches to the east, from Pueblo de Ye to the north and even on some islets of the Chinijo Archipelago which can be made out to the northwest.



OTHER OPTIONS

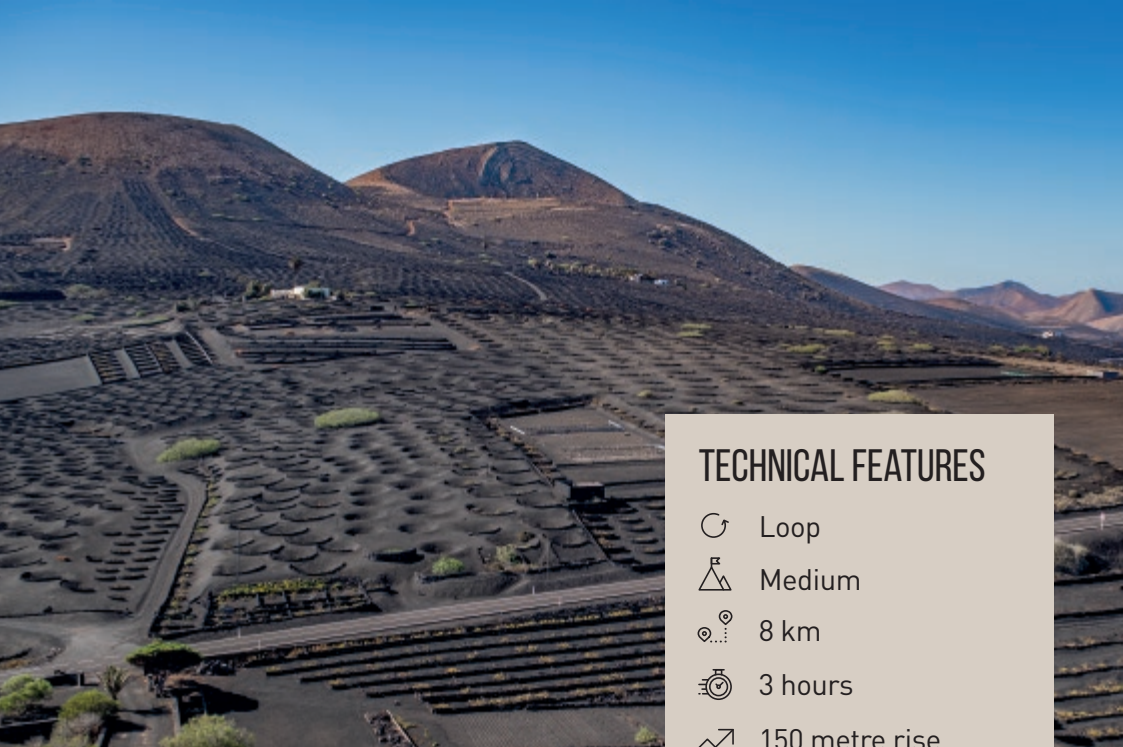
Places to visit: Mirador del Río.

PLACES AND INFORMATION OF INTEREST







Eruption of La Corona: 20,000 years ago this volcano started to erupt, generating an enormous expanse of karst which made the island grow towards the northeast, a huge sea of lava with scattered blocks randomly splashed around, producing what we now call peñas or peaks. This eruption formed an enormous volcanic tube stretching about 6 kilometres from the cone of the volcano to the sea, where it goes a kilometre deep under the sea level. Los Jameos del Agua and La Cueva de Los Verdes are sections of this enormous volcanic tube.


Vineyards: The pyroclastic topsoils in the area around the volcano were modified to grow vines, generating a curious agricultural region of rows of vines, sheltered by walls of stone from the volcano, to protect them from the wind. There used to be major wineries in this area, but it is now an agricultural region struggling to survive.








TECHNICAL FEATURES


-  Loop
-  Medium
-  8 km
-  3 hours
-  150 metre rise
-  Not well signed. You have to pay close attention at the forks, because the chances of taking a wrong turning are high.

 Highway LZ-30
Kilometre 19 marker

 Highway LZ-30
Kilometre 19 marker

 Next to the hermitage on highway LZ-30, or in the car parks of either win

 Yaiza and Tías

 Paisaje Protegido de La Geria

TRAIL 6 LA GERIA

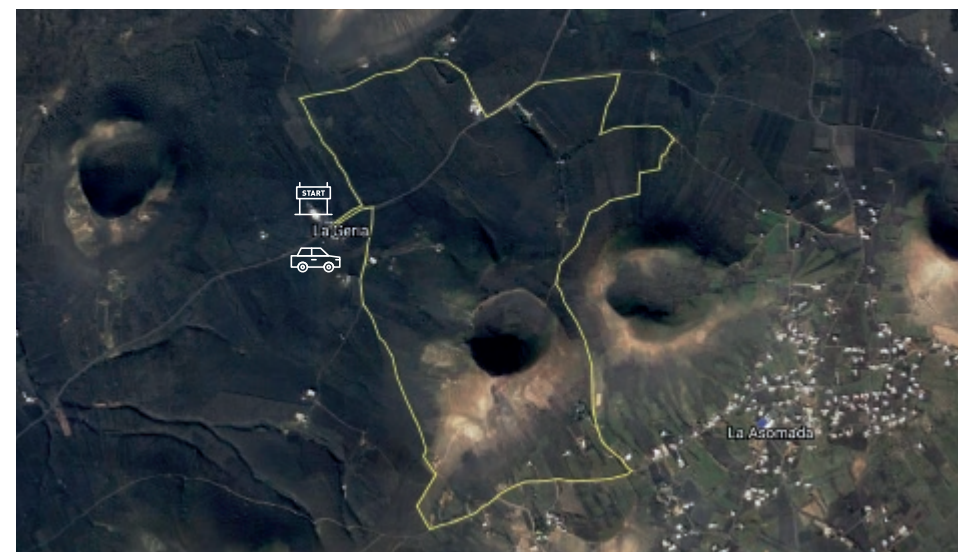
SUMMARY

A unique landscape in the world: vines planted out in hollows excavated in the volcanic lapilli. The titanic effort of our winegrowers to grow grapes on this arid earth and volcanoes can be appreciated head-on as you walk through the vineyards, listening to the sound of our steps on the rofe, the large grained volcanic sand, observing the dimension of this heroic work.

DESCRIPTION OF THE ROUTE

We start off at the Caridad Hermitage, right in the heart of La Geria, between Bodegas Rubicón and Bodegas La Geria. We walk northwards along the highway for 150 metres, and we turn left there, to head west. A rofe track makes its way through the vineyard for about 500 metres. There we turn right. Heading north, to walk along the foothills of Mount Diama. We reach another fork, with some houses at its side, we walk eastwards in the direction of Bodega Antonio Suárez which will be on our right as we walk on, and we will turn north along the edge of highway LZ-30.

We pass in front of Bodega Stratus and come out along a sand track heading northeast. We walk about 380 metres and turn right, heading southwest, and we continue our walk between these impressive hollow-planted vines. Three hundred metres later we turn east again to walk along a rofe path between large hollows. We reach the Gaida track which we are going to walk up, heading southwest, and without leaving the track we pass between Mount Gaida and Mount Guardilama. We start to walk downhill until we reach the Las Calderetas track which we walk up, heading west. When we are nearly at the top, in front of a walled vineyard there is a track off to the right, heading north, which shows us the face of Mount Guardilama.





100 metres beyond there is a path to the left which takes us downhill, passing a large palm tree which has a spring at its base. This path takes us to a sandy track which we follow northwards until we reach highway LZ-30, and now all we have to do is turn left to reach the Caridad Hermitage once more.



OTHER OPTIONS

Visit to the island's wineries with wine tasting.

Walk up Mount Guardilama, a view-point at over 600 metres.

PLACES AND INFORMATION OF INTEREST

Lanzarote Vineyards: This unique landscape produces sublime wine, with the taste of the trade winds and volcanoes, from the local grape varieties such as volcanic malvasia. Since 1993, Lanzarote has had its own Designation of Origin Regulating Council, which regulates and watches over the quality and traceability of the island's wines. Over 20 wineries and 1500 winegrowers belong.

Paisaje Protegido de La Geria: This natural area, protected since 1987, was reclassified in 1994 with its current designation, covering five municipalities on the island (Tinajo, Tías, San Bartolomé, Teguiise and Yaiza), a guarantee for the preservation of this landscape combining sand, vines and effort.



TRAIL 7 PICO REDONDO CIRCUIT

SUMMARY

The ancient massif of Los Ajaches is a group of gentle hills and large valleys where human beings have adapted themselves to the arid conditions, seeking resources in an apparently sterile terrain. Today, livestock survives in this unique landscape, with its ancient geology and evidence of human presence since the original Canarian Majos.

TECHNICAL FEATURES

- Loop
- Medium
- 6 km
- 2 hours, 30 minutes
- 402 metre rise
- The path can be followed if you pay attention at the forks
- Femés Square
- Femés Square
- In the village of Femés
- Yaiza
- Monumento Natural de Los Ajaches

DESCRIPTION OF THE ROUTE

We set off from Femés, heading south, climbing up the earth track which will take us to the Rubicón cheesery and livestock farm. From here there is a view of Riscos Bonitos and the great Higueral Valley. We head off to the west, passing the water tank and taking the path which runs south through the middle of the Pico de la Aceituna.

Arriving at Degollada de Carlos, we are shown the entire southwest meseta of Lanzarote and the Montaña Roja volcano in the distance. The path continues following a yellowish coloured stratum which gives this path its name of "amarillo" - yellow. Now at the Morro de Los Dises, we don't go down to the Portugués high pass, where we can see a pen for goats; instead, we take the path to the left to climb up to the top of the Morro de Los Dises. The walk down this hillside will take us to some old stone animal pens, now abandoned, which is where we will head north, to the left, to cross the course of the La Casa Ravine. We come to a water container and a kind of wall providing shade. We continue north to reach the Higueral Valley, the path twists northwest and west, climbing up to the Rubicón cheesery animal pens which we passed by at the beginning of our trail. The end of a demanding climb.





OTHER OPTIONS

Places to visit: Mirador de Femés, San Marcial del Rubicón Church

Climb up to the Atalaya de Femés (Watchtower)
Femés Valley trail

Trail: Femés - Playa Blanca, Femés - Playa Quemada.






PLACES AND INFORMATION OF INTEREST






Ancient terrain: The Ajaches massif is approximately 14 million years old, generating a landscape of gentle hills and open valleys, as a result of years and years of erosion. We can see basalt dykes in many areas; this is where magma material tried to break its way through various fractures. We can observe raised beaches, which are ancient sea levels, formed by sedimentary material of marine origin and which now sit several metres above sea level.r.

Livestock: Goats have been part of the landscape of Los Ajaches since the first settlers reached the island of Lanzarote. They are one more element contributing to the deterioration and erosion of the terrain, but they are allowed to carry on due to the resources they generate for the local population. Today, the goats' milk and cheese they produce have that unique special taste arising from adaptation to extreme aridity.



TECHNICAL FEATURES

-  Loop
-  Medium
-  8 km
-  3 hours
-  504 metre rise
-  The track has signage (SL-5 from San Bartolomé and SL-6 from Tías); even so, you need to pay attention at the forks since there are other paths in the area.

-  Montaña Blanca Square
-  Montaña Blanca Square
-  Next to the village square
-  Tinajo
-  Monumento Natural de Los Ajaches

TRAIL 8

CLIMB

MONTAÑA BLANCA

SUMMARY

A volcanic cone of huge dimensions which gives us a view from the top of most of the island. We walk along between land which used to be cultivated, vineyards and sandy areas.

We can see monumental works associated with the culture of water, the Maretas de Montaña Blanca, which are gigantic reservoirs excavated inside the mountain where the runoff water is directed on the few days when it rains.

DESCRIPTION OF THE ROUTE

From the square in the village of Montaña Blanca, we walk southwest along La Degollada Street, which turns into a dirt track (half way up we have the option of starting to climb the mountain and do the short version of this trail). Once we've finished going up the La Degollada track, the descent begins, and we reach the Vega de Tías track, which we take to the left, heading southeast. Passing an old uncovered water storage tank, we turn north, aiming for the foothills of the Montaña Blanca. Almost at the mountain, we turn east and take the path cut out in the mountain, which is where the pipe ran which brought the water from Las Maretas to the village of Tías. Reaching Las Maretas, a breeze-block and cement hut indicates the place where the trucks loaded up with water. If we go up a few metres, we can see the two enormous water reservoirs excavated inside the mountain, with their water capture pipes and decanting filters. We begin our descent by the old track which the trucks used to come up to collect the water, and we continue north to go round the mountain. At a crossroads we head left westwards, passing a goat pen and then we begin the hard hike up the mountainside. We reach the Caldera, and from here we can decide to go up by the Cruz peak, which is to the east. We carry on along a hillside, between the herdsmen's tegalas (circular stone windbreaks) until we reach the top of Montaña Blanca, where we can make out most of the island, just as those who used to man the old





watch points did, to warn of the arrival of pirates on the island. A hut and telecommunications antenna mark the silhouette of the peak. We come back down along a zigzagging path on the inside of the caldera until we reach the base. We reach the hut and track where we came through earlier, to see a path which heads west to the left, where the descent of the mountainside begins. We reach the ravine and cross to the La Degollada track to carry on down to the village square.

OTHER OPTIONS

Lanzarote natural track GR-131

Link: San Bartolomé Network of Local Tracks, Tías Network of Local Tracks.

PLACES AND INFORMATION OF INTEREST

Montaña Blanca Cheesery: Livestock and cheeseries have always been a part of the activities of the families in the village, but today there is only one cheesery left which links the past with the present. It has adapted itself to the new technologies without losing the essence of the past.

Montaña Blanca Maretas: Two enormous reservoirs were excavated in the mid 20th century to store the water coming from rainfall on the southern mountainside. They were dug out by hand, as was the capture channel and their decanting filters. In order to understand the chronic thirst of this island we only need to contemplate some of the many works of water storage to be found all over the island.













TRAIL 9 ARRECIFE COASTLINE

SUMMARY

A coastal walk through the history and the present-day reality of the port and the capital, Arrecife.

The old salt-works speak to us of the city's past association with fishing and the need to salt in order to conserve. The fortresses to defend against pirate attacks, the unique buildings and a coastal area full of life, wading birds and shoreline algae.

TECHNICAL FEATURES

-  Linear
-  Low
-  6 km
-  2 hours
-  70 metre
-  A cobbled avenue which follows the coastline
-  Los Mármoles Port
-  Arrecife Fairground
-  At either the starting or finishing point of the trail
-  Arrecife

DESCRIPTION OF THE ROUTE

We leave from the roundabout at the entry of Mármoles Port, heading south, walking along a cobbled avenue which passes along the Playa de la Arena, with the presence of a volcanic cone which came down from Timanfaya in the 18th century. We walk uphill a few metres towards the Castillo de San José, the fortress of hunger, which is today a museum of contemporary art and a restaurant, restored by the local artist César Manrique. We carry on along the avenue on this coastline, observing abandoned salt-works, and the port of Naos, a fishing port where there is still professional activity, although far from the frenetic fishing industry of old, with hundreds of boats and six processing factories. At the Puerto Naos roundabout we can see the old pier, which is covered over today, and, a few metres away, the monument to the victims of the sea. We pass the Instituto de Formación Marítimo Pesquero and the island hospital and reach the attractive Charco de San Ginés. After crossing the first bridge, we are on the Islote del Francés, and after the second we enter the old neighbourhood of La Puntilla. We pass the Arrecife City Hall, and if we go round to the back we will see remains of its old colonnade and Las Palmas Square, with the main church dedicated to San Ginés. We return to the coast to reach another bridge, the Puente de las Bolas, the symbol of this city, a drawbridge which cut the city off from the islet called the Islote del Quemado.





We carry on, and visit the old Castillo de San Gabriel, where we can appreciate the strong defences set in place to protect the city from multiple attacks. We return to the city, observing the main street which leads off to the north, known as Calle Real or Calle León y Castillo. We carry on towards the west through the Ramírez Cerdá Park, passing by the Bandstand, the Agustín de la Hoz Casa de la Cultura, the old Parador and the Fishery Wharf. We cross the Islas Canarias Park to reach the foot of the Gran Hotel, and at the back there is access to the Islote de la Fermina. Finally, we can enjoy a walk along the Reducto Beach and go as far as the Arrecife Fairground near the building housing the island government, the Cabildo. An extensive parking area has been used for many years for events and celebrations.

OTHER OPTIONS

Observation of coastal birds.

Places to visit: Museum of Contemporary Art in the Castillo de San José, Charco de San Gabriel, San Ginés Church, Calle Real, Calle León y Castillo, Casa Amarilla, Castillo de San Gabriel, Islote de la Fermina.



PLACES AND INFORMATION OF INTEREST

Castillo de San José: A defensive fortification built between 1776 and 1779 on the orders of King Carlos III to mitigate the tremendous economic crisis which was affecting the island. This is why it was known as the "fortress of hunger". It was restored by the Lanzarote Government and César Manrique, and the Museum of Contemporary Art was installed there, along with a restaurant on the ground floor.

Castillo de San Gabriel: A fortification which has sat since the 16th century on an islet defending the island's main port from pirate attacks. The pirate Morato Arráez set fire to it in 1586 and it was later redesigned by the engineer Leonardo Torriani. It currently houses Arrecife's Museum of History.














TRAIL 10

LA GRACIOSA: CALETA DE SEBO - MONTAÑA AMARILLA

SUMMARY

The island of La Graciosa is a synonym for peace and quiet, beaches and streets with white sands, friendly people and good fish. A trail on the eighth island allows us to get to know a land that is half way between drama and glory, with a past involving hard survival, but with a landscape which is like paradise and a climate which is a thing of legend.

TECHNICAL FEATURES

-  Loop (out and back along the same route).
-  Low
-  8 km
-  2 hours 30 minutes
-  60 metres
-  The paths and tracks are easy to follow
-  Caleta de Sebo Wharf
-  Caleta de Sebo Wharf
-  In Órzola
-  Teguise
-  Parque Natural del Archipiélago Chinijo

DESCRIPTION OF THE ROUTE

From the wharf at Caleta de Sebo, the capital of the island of La Graciosa, we head off southwest, feeling the white sand under our feet and the friendly glances from under the island's traditional hats.

We leave the town, coming then to the area of El Salado and its beach. A vast sea of dunes and arid shrubs dominate the interior horizon. Walking along the dirt track we skirt El Salado Lagoon, which can be seen at high tide. Three kilometres along we have La Francesa Beach, idyllic and the subject of myriads of photos. We carry on along the shore on the white sand and leave the beach heading west to arrive at La Cocina Beach, at the foot of Montaña Amarilla. A paradise-like isolated beach, a colourful spot with its striking geological uniqueness.





OTHER OPTIONS

Places to visit: Playa de Las Conchas, Pedro Barba.

PLACES AND INFORMATION OF INTEREST

Chinijo Archipelago Natural Park: The island of La Graciosa, along with the island of Alegranza and the islets of Montaña Clara, Roque del Este and Roque del Oeste make up a protected natural area which, added to the Famara Cliff, part of the La Caleta sand layers, and the Soo chain of volcanoes, has a surface area of 9112 hectares. This is the territory in this area with greatest biodiversity, with a high degree of endemism both in flora and in fauna.

Montaña Amarilla: This is the volcanic cone located at the southwestern edge of the island of La Graciosa, and its striking colours make it stand out. The middle and lower parts are yellowish in colour, giving the mountain its name, telling us of a phreatomagmatic eruption, in other words, in contact with the sea. The upper part is reddish in colour, telling us that the eruption at that moment was into the air.





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