

ROUTE LA LAGUNA, LA ESPERANZA AND MOUNT TEIDE Agriculture, nature and history

ITINERARY

LA LAGUNA, LA ESPERANZA AND MOUNT TEIDE

From the Padre Anchieta roundabout (La Laguna) to the Plaza del Cristo (square), La Laguna

Distance: 2.4 km. **Approximate driving time:** 8 minutes. **Estimated time of visit:** 45 minutes.

The route starts in the town of San Cristóbal de La Laguna (complete official name of La Laguna), where you visit its historical centre and the Tenerife History Museum. The starting point of the route planner is exit number 9 from the TF-5 motorway which leads to the Padre Anchieta roundabout. There, take the exit for La Laguna, Avenida de La Trinidad (exits are signposted). On the Avenida (avenue), after about 100 metres, you come to the first junction (traffic lights by the tram stop). Turn right here and drive down Delgado Barreto Street, to the very end. As you will see, on the right is the Central Campus of La Laguna University. At the bottom of the street there is a junction with Avenida Calvo Sotelo, also known as Avenida de La Milagrosa. Turn right and a few metres further on you come to a roundabout. Here, go right round the roundabout to change direction and drive up Avenida Calvo Sotelo. (Take the fourth exit). Drive about 600 m up the avenue until you see a petrol station on the right. You are leaving the Plaza (square) de la Milagrosa on the left. A few metres further on, after passing the petrol station on the right, there is a junction of three streets: you can continue along the avenue, go straight ahead into Santo Domingo Street or turn right. Take the second option and continue straight on along Santo Domingo Street. As you will see, you pass the church and former Convent of Santo Domingo and the Post Office. When you reach the end of the street, you will see another junction and, just opposite you, the Plaza del Adelantado (large square). Turn left, then after a few metres, (at the T-junction) turn right. You have now joined Magistrado Campo Llanera Street which after a short distance changes its name to Nava y Grimón, known traditionally as Calle del Agua. Continue right along this street as far as the end where you will see the Plaza del Cristo. You can park your vehicle nearby or in the underground car park in the square. Your route is now on foot through the streets of La Laguna.



INFORMATION:

Estimated completion time:

4 hours, 17 minutes

Estimated driving time:

1 hour, 27 minutes

Total distance:

57.2 km

Stopping points :

Historical town centre of La Laguna
La Laguna History Museum
La Esperanza
Machado
Mirador de Ortuño (Viewpoint)
Miradores de La Cumbre (Viewpoints)
Mount Teide National Park

Other points of interest:

Farmer's Market of El Rosario
Las Raíces Recreational Area

Restaurants:

Bodegón Campestre (restaurant)
Plaza Restaurant. Hotel Laguna
Nivaria
Restaurant at the Teide National
Tourist Hotel

Accommodations:

Hotel Laguna Nivaria
Teide National Tourist Hotel
Hotel Spa Villalba

ITINERARY

From the Plaza del Cristo in La Laguna to La Esperanza

Distance: 8.4 km. **Approximate driving time:** 18 minutes. **Estimated time of visit:** 20 minutes

To go from the Plaza del Cristo to the town of La Esperanza, you need to go back to the roundabout at Padre Anchieta. To do this, drive over to the west side of the Plaza del Cristo, namely at the junction of the Avenida Primo de Rivera with Tabares de Cala Street. Join Tabares de Cala and drive straight ahead all the way as far as the roundabout. Driving straight ahead it is 710 m to the Avenida de la Trinidad. Continue forward along this avenue and another 750 m will take you to the Padre Anchieta roundabout. Once on the roundabout, take the exit marked La Esperanza-El Teide to join the TF-24, the road to La Esperanza. It is roughly 6.5 km to your destination. At the 5.5 km mark, just as you enter the built-up area of La Esperanza, you will see a petrol station on the right-hand side. Drive on for another 1 km along the TF-24. After the petrol station there are three turn-offs to the right. Disregard the first two; at the third, turn off right into Enrique Álvarez Delgado Street. Right at this junction, you will see a sign indicating La Esperanza-Aguagarcía-Tacoronte. At the end of this short street, turn left and continue along El Calvario Street. Now, the route continues straight ahead up to the Plaza del Ayuntamiento (Town Hall Square). Before reaching the Plaza del Ayuntamiento you will see a turn-off on the right into Pedro Juan García Hernández Street. Turn in here and you will find numerous parking spaces to leave your vehicle. Now you can continue on foot. The Town Hall of El Rosario (the name of the municipality as a whole) is located on the left-hand side of the square and behind the square is the Bosque del Adelantado (forest). Between the forest and the Town Hall there is a junction where two streets meet, the one on the right is Sardinera Street and the one on the left, Grano de Oro Street. If you walk up the second of these, you will find the church of Nuestra Señora de La Esperanza on

ITINERARY

From La Esperanza to Machado

Distance: 8.7 km. **Approximate driving time:** 17 minutes. **Estimated time of visit:** 15 minutes

To get from La Esperanza to Machado, you will have to return to the TF-24. To do so, set off back the way you came in the Plaza del Ayuntamiento. Drive back, leaving the Plaza del Ayuntamiento on the left, and return to Calvario Street; just opposite the square, turn right at the junction with José Antonio Bacallado Street. This junction is signposted Las Rozas-El Teide. Drive down to the end and at the junction with the main La Esperanza road, the TF-24, turn right onto the main road, and drive on for approximately 1.8 km. You pass through the suburb of Las Rozas. Continue along the TF-24 until you see a fork on the left signposted Hogar Escuela, (the TF-274) which will take you to Machado. This side road is signposted “Machado-Escuela Hogar”. Once you are on the TF-274, drive downhill 1.6 km. At this point the street changes name and becomes Street of Las Barreras. Staying on it, continue driving downhill another 2.7 km. Here the road is called Fuentecilla Street. Carry on to the end which is only another 750 m. Then you meet the junction with La Ermita (chapel) road. Turn right and keep on along the same road for 1 km. After this distance you will see your destination, the chapel of the La Virgen del Rosario and Plaza de Francisco González Pérez. Park nearby.

From Machado to the Ortuño Viewpoint

Distance: 16.7 km. **Approximate driving time:** 21 minutes. **Estimated time of visit:** 10 minutes

To get to the Ortuño Viewpoint, you need to return to the La Esperanza road, the TF-24, driving back along the TF-274. Once you get to the junction of the TF-274 with the TF-24, turn left. You join the TF-24 which is where your trip continues for 10.5 km towards Mount Teide. The Ortuño Viewpoint is located on the right-hand side of the road at the 19.5 km marker.

From the Ortuño Viewpoint to the La Cumbre Viewpoints

Distance: 3.4 km. **Approximate driving time:** 5 minutes. **Estimated time of visit:** 20 minutes

To reach the La Cumbre Viewpoints, return to the main road, the TF-24, and drive on for a distance of 6.5 km. At the 26 km marker, on the right-hand side you will see a turn-off signposted Mirador Chipeque and Mirador de Chimague. Take this turn-off and after travelling a few hundred metres, you will find the first viewpoint with views over to the peaks of the southern slopes of the Island; this is the Chipeque Viewpoint. To get to the second viewpoint, Chimague, return to the road and continue some 500 m.

ROUTE LA LAGUNA, LA ESPERANZA AND MOUNT TEIDE
Agriculture, nature and history

ITINERARY

From the La Cumbre Viewpoints to the Teide National

Distance: 17.2 km. **Approximate driving time:** 18 minutes. **Estimated time of visit:** 1 hour

To reach the Teide National Park, you have to return to the TF-24. Turn right onto the main road and continue for 17.2 km towards Mt. Teide. You are crossing a zone called Izaña. After travelling the distance stated, you come to a junction. To the right, the road leads towards "Aguamansa-La Orotava- Puerto de La Cruz". To the left, the junction is signposted "El Teide-Boca Tauce". Bear left and join the TF-21, the road to Lugar del Portillo de la Villa (more commonly El Portillo). After roughly 300 m, on the right you arrive at the Centro de Visitantes del Portillo (El Portillo Visitor Centre), your next stop. Parking spaces are available just on the right-hand side of the road, in front of the Visitor Centre.

ROUTE LA LAGUNA, LA ESPERANZA AND MOUNT TEIDE **Agriculture, nature and history**

STARTING POINT

LA LAGUNA, LA ESPERANZA AND MOUNT TEIDE

The route to La Laguna, La Esperanza and Mt. Teide, allows you to experience exceptional and very varied scenery. This is a journey of contrasts on which you will be able to discover vistas of great beauty. You will come upon agricultural areas, adorned with plots devoted to potatoes, fruit trees and vineyards; you will stroll through the streets of the town of La Laguna, brimming with history, where you can admire emblematic buildings, veritable jewels of Tenerife's heritage; you can venture into evergreen forests and onto hills covered with pines, and in the Teide National Park visit unique volcanic landscapes

From your starting point in the town of La Laguna to the end of the route in the Teide National Park, you will behold the great variety of scenery that the Island has to offer. From the damp pine forest of the peaks and the "sea of clouds", to the spurses and prickly pears of Machado. The places that you will visit, criss-crossed by ancient footpaths speak to us of times past and of customs that have remained alive over the centuries. The rural character of La Esperanza and of Machado are intermixed with their proximity to urban areas. Just a short distance outside La Laguna you see land under cultivation and this feature will accompany you during a good part of your trip. In La Laguna, also known as the City of the "Adelantados" (a title granted by the King to the nobles who administered newly conquered territory), you will see how the buildings, streets and squares, a reflection of its own history, endure side by side with thriving, modern times. And, as the culmination of your journey, you visit the Teide National Park, where you will discover quite unique scenery, territory claimed by the volcano, of infinite beauty.

UTM Coordinates:

28.373133, -16.764614

Geographic Coordinates:

28°22'23.28"N, 16°45'52.61"W

Further information:

www.garachico.es

STOPPING POINTS

HISTORICAL CENTRE OF LA LAGUNA

The historical centre of San Cristóbal de La Laguna (the town's complete name), declared a Site of Cultural Interest and World Cultural Heritage by UNESCO, displays valuable examples of the traditional civil and religious architecture of the Island. In La Laguna, history and tradition coexist with modern times; its town centre, what's more, is an important centre of commercial activity, full of life and in constant movement.

The lovely city of La Laguna was the first capital of the Island and is home to the university of the same name. Its history goes back to pre-Hispanic times as the numerous archaeological sites found here bear witness. After the conquest of Tenerife, the Castilians founded the city on the banks of an ancient lake ("laguna" in Spanish) which ended up being drained. The fertile lands that remained behind, situated in what is known as the Vega Lagunera (La Laguna valley), were turned over to farming.

San Cristóbal de La Laguna was inhabited from earliest times by aristocrats and members of the elite of the period. As a reflection of its rich history, its streets and buildings, thanks to their magnificent state of conservation, allow us to discover how life was lived in this little area of Tenerife.

You can walk along San Agustín Street where you will find the Tenerife History Museum and the Despensa del Museo (Museum "Pantry") situated in the Palacio Ler caro (nobleman's mansion), Viana Street, Herradores Street, Carrera Street, etc., and enjoy the peacefulness of squares such as the Cathedral square, Plaza de los Adelantados, etc. Your walking tour will take you to emblematic buildings, including outstanding religious buildings such as the Concepción church, and traditional Canarian mansion houses, such as the Palacio de Nava. In the area around the Plaza del Adelantado you will see buildings very typical of the town such as La Laguna Town Hall.

Its present, lively and in tune with the times, depicts a dynamic town, full of charm, which thanks to its history and its traditions make La Laguna an obligatory visit.



Location:

San Cristóbal de La Laguna.

UTM Coordinates:

28.488875, -16.316439

Geographic Coordinates:

28°29'19.95" N, 16°18'59.18"W

Further information:

www.aytolalaguna.com

STOPPING POINTS

TENERIFE MUSEUM OF HISTORY AND ANTHROPOLOGY

Thanks to its funds, collections, exhibitions and activities, the Tenerife Museum of History and Anthropology offers visitors the possibility of acquiring a broad yet detailed overview of the history and culture of the Island

The museum is fortunate to have two centres situated within the municipality of La Laguna, one in Valle Guerra and the other in the centre of the town, which by coordinating their activities, offer a wide range of exhibitions. On our suggested route you will see more of the second centre which focuses on the most important aspects of the Island's history. It has a permanent exhibition arranged with explanatory panels, and a variety of objects representing the most important events in the history of Tenerife, as well as rooms devoted to temporary exhibitions. This centre is housed in what was once the residence of a noble family dating from the XVIth century, the Palacio Lercaro, formerly property of the family of the same name.

In one of the wings of the building a shop has been set up called "La Despensa del Museo" (The Pantry), where visitors can purchase high-quality local products, produced by traditional methods, many of them unique. There is a great variety of wine, cheese, honey, "gofio" (roasted, ground grains), spicy sauces, etc. to choose from. This establishment has been designed with the intention of recreating a modern-day version of the traditional Canarian grocer's shop and so the decoration and atmosphere include original furnishings and equipment of the old business combined with more modern

- Key facts: The Museum "Pantry" is the result of an agreement between the Autonomous Institute of Museums and the Canarian Foundation for Rural

- We recommend confirming the opening times of establishments



Tenerife Museum of History and Anthropology, Palacio Lercaro

Location: San Agustín Street, 22.
La Laguna

Tel.: 922 825 949

Opening times:

- From Tuesday to Sunday from 9:00 to 19:00. Last admission 18:30

- Closed Mondays.

UTM Coordinates:

28.489647 , -16.314906

Geographic Coordinates:

28°29'22.73"N, 16°18'53.66"W

La Despensa del Museo

Location: San Agustín Street, 22.
La Laguna.

- Entrance through the museum or through a separate entrance directly from Tabares de Cala Street.

Tel: 922 254 095

Opening times:

- From Tuesday to Sunday from

11:00- 14:00 and from 17:00 to 20:30

- Closed Mondays.

UTM Coordinates:

28.489647 , -16.314906

Geographic Coordinates:

28°29'22.73"N, 16°18'53.66"W

STOPPING POINTS

LA ESPERANZA

At this stop you discover the town of La Esperanza in the municipality of El Rosario. Situated at approximately 900 m. above sea-level, it retains its character, strongly marked by its farming and stock-raising past. On the visit you will discover some of the more important aspects of rural life of this area of Tenerife. Its quiet town centre contains outstanding buildings such as the church of Nuestra Señora de La Esperanza, and squares and gardens where the visitor is able to relax and enjoy a unique area, surrounded by evergreen forests with the pine forests close at hand.

Located in the centre of the town stands the Bosque (forest) del Adelantado. This little evergreen wood is behind the Town Hall square. Its paths allow you to enter the heart of the wood and allow visitors to discover its scenery of leafy vegetation, practically in the centre of the old town. This forest, in fact, forms part of the course of a ravine used traditionally by the residents to provide firewood and wood for carpentry. Nowadays it serves to link the upper and the lower areas of the town. Next to the entrance to the wood stands a traditional winepress.



La Esperanza, town centre

Location:

TF-24, km marker 6

UTM Coordinates:

28.4514, -16.367044

Geographic Coordinates:

28°27'5.04"N, 16°22'1.36"O

Bosque del Adelantado:

Location:

Behind the Plaza del Ayuntamiento.
La Esperanza, El Rosario.

UTM Coordinates:

28.451442, -16.367958

Geographic Coordinates:

28°27'5.19"N, 16°22'4.65"W

STOPPING POINTS

MACHADO

The village of Machado, in the municipality of El Rosario, is a small country village situated close to the metropolitan area of Santa Cruz de Tenerife and La Laguna. It retains all the charm of the agricultural environment, with its green landscape, lovely buildings, traditional farming plots, still cultivated today, and threshing yards.

One of the very oldest areas is located at one end of the village. Worthy of note are the chapel of Nuestra Señora del Rosario and what is known as the “ruins of the house of the pirate Amaro Pargo”.

The chapel represents a beautiful construction in Canarian style declared a Site of Cultural Interest (Historical Site). Its origin is linked to the historical route to Candelaria, as the need arose to lodge the pilgrims who were making their way down to the town on the coast devoted to the Virgin Mary. In its interior, the chapel houses pieces of great artistic interest, such as a protobarroco altarpiece from the XVIIth century and an image of the Virgin Mary, also from the XVIIth century. Furthermore, the square is a natural vantage point from which to survey the spectacular views of the Atlantic, of the coastal zones of the municipalities of El Rosario, Candelaria and Güímar.

What is known as the “pirate's house” has also been declared a Site of Cultural Interest. According to the tradition, this was the dwelling of the character called Amaro Pargo, the pirate. This is a traditional Canarian house of which only part of the original structure remains. It is near to the chapel and the access is via a stone-paved path situated at the side of the road. To one side, there are the remains of a threshing-floor. From there you can enjoy panoramic views of the area.



Location:

Carretera de La Ermita, Machado, El Rosario

UTM Coordinates:

28.410875, -16.348567

Geographic Coordinates:

28°24'39.15"N, 16°20'54.84"W

STOPPING POINTS

ORTUÑO VIEWPOINT

The Ortuño Viewpoint, which belongs to the Cabildo of Tenerife network of viewpoints, provides visitors with some spectacular views of the Island peaks and of Mt. Teide. It also has an information panel.

Surrounded by pine forest, from the viewpoint there are lovely panoramic vistas of the high zones of the municipalities of Santa Úrsula, La Victoria and Isla Baja, as well as of Mt. Teide, of the Atlantic and over to the Island of La Palma



Location:

Main road from La Esperanza, TF-24.
Km marker 19.5

UTM Coordinates:

28.395458, -16.434422

Geographic Coordinates:

28°23'43.65"N, 16°26'3.92"W

LA CUMBRE VIEWPOINT

The La Cumbre Viewpoints, Chipeque and Chimague, give visitors the chance to enjoy splendid panoramic views of the highest areas of Tenerife, giving access to some absolutely unique panoramas.

These look-out points are situated in the middle of nature, surrounded by pine forest. The first, Chipeque, provides views of the southern mountainsides of the Island whilst Chimague overlooks the northern slopes. On clear days there are exceptional panoramic views of El Teide and down to the Valley of La Orotava.



Location:

Main road from La Esperanza, TF-24.
Km marker 26

Chipeque Viewpoint:

UTM Coordinates:

28.373894, - 16.463678

Geographic Coordinates:

28° 22' 26.02" N, 16° 27' 49.24" W

Chimague Viewpoint:

UTM Coordinates:

28.373089, - 16.459669

Geographic Coordinates:

ROUTE LA LAGUNA, LA ESPERANZA AND MOUNT TEIDE Agriculture, nature and history

STOPPING POINTS

MOUNT TEIDE NATIONAL PARK

The Teide National Park forms the highest part of the Island of Tenerife and of Spain. The peak of Mount Teide reaches 3.718 m. above sea level making it the highest point on Spanish territory. It was declared a National Park in January 1954, thus becoming the first in the Canary Islands and the third oldest in Spain. What is more, since 2007, it has been part of the World Cultural Heritage designated by UNESCO.

On this visit you will take in natural scenery of infinite beauty, enter volcanic territory, haphazardly shaped by lava and moulded by the passage of time, and discover a unique, high-altitude tract of land with a biodiversity, both rich and original.

The Park has a number of aspects which mark it out, the most important being the fact that it is an exceptional example of a high-mountain volcanic ecosystem. In it you can discover notable geomorphologic structures such as the Teide-Pico Viejo stratovolcano, as well as a great variety of volcanic cones and domes, badlands, lava flows, pointed rocks, caves, etc.

In the Park, too, the flora and fauna stand out for their uniqueness, many of the species inhabiting it being endemic to the Canaries, some of them indeed exclusive to the National Park. The most distinctive are the Teide violet, Teide broom, the Canary Island wallflower, the red and the blue bugloss and the Teide daisy.

The Park is criss-crossed by a multitude of footpaths that allow you to experience this unique landscape at first hand and learn more about its most important features. The Park has two visitor centres, El Portillo and Cañada Blanca.

Your visit starts at the first of these where you are able to examine how the enormous caldera over which Teide lies was formed, thanks to different interactive media, photographs and back-lit panoramas, a video projection room and audiovisual displays. Next to El Portillo is the botanical garden where the native Canary Island flora is displayed and explained.

The second information centre at Cañada Blanca is housed in one wing of the Teide National Tourist Hotel and offers an exhibition devoted to the relation between Man and the environment, the traditional uses of the Park's resources, the uses and customs, as well as to the wealth of archaeological remains in the National Park.

Among the many excursions that can be made in the Park is the climb to the peak of Mt. Teide which follows the "Telesforo Bravo" path. The Altavista mountain hut, situated at 3,270 m. above sea-level, allows walkers a welcome rest on the path to the top. Many hikers spend the night in the mountain hut with the intention of seeing the sunrise from the summit of Mt. Teide.

Within the Park there is also a cable car which you can board at the foot of Mt. Teide and which transports you to an area known as the Rambleta, located at only 200 m. below the peak. From there the views of the Park are spectacular.

The visit to the Park, as well as the different footpaths and routes that cross it allow visitors to discover a unique landscape of varied textures, hues and shapes.



El Portillo Visitor Centre:

Location:

Lugar del Portillo de La Villa
(signposted El Portillo)

Opening times:

- Every day from 9:00 to 16:00

UTM Coordinates:

28.304514, -16.566669

Geographic Coordinates:

28°18'16.25"N, 16°34'0.01"W

Cañada Blanca Visitor Centre:

Location:

Las Cañadas del Teide, TF-21. Km
marker 46.5

Tel.: 922 386 415 – 922 374 841

Opening times:

- Every day: from 13:30 to 22:00

UTM Coordinates:

28.22435, -16.627103

Geographic Coordinates:

28°13'27.66"N, 16°37'37.57"W

- Closed temporarily for repairs

Altavista mountain hut:

Tel.: 922 010 440

E-mail:

teleferico@telefericoteide.com

UTM Coordinates:

28.274125, -16.629414

Geographic Coordinates:

28°16'26.85"N, 16°37'45.89"W

Further information on the visit to the Teide National Park:

[www.todotenerife.es/index.php?
sectionID=13&lang=1&s=2&ID=3565](http://www.todotenerife.es/index.php?sectionID=13&lang=1&s=2&ID=3565)

Further information on footpaths:

[www.todotenerife.es/
imagenes_noticias/
mapaSenderos_ESP.pdf](http://www.todotenerife.es/imagenes_noticias/mapaSenderos_ESP.pdf)

Further information on the Altavista mountain hut:

[www.webtenerife.com/Destinos-y-
lugares/Parque-nacional-del-Teide/
Refugio+de+Altavista.htm?
Lang=es&sig=true](http://www.webtenerife.com/Destinos-y-lugares/Parque-nacional-del-Teide/Refugio+de+Altavista.htm?Lang=es&sig=true)

OTHER POINTS OF INTEREST

EL ROSARIO FARMERS' MARKET

The El Rosario farmers' market is located in the suburb of Las Rozas, in La Esperanza, (municipality of El Rosario). Here you can purchase a great variety of typical local produce directly from the farmers who grow it.

Location:

Main road from La Esperanza, TF-24.
Km marker 7.8, La Esperanza, El Rosario.

Opening times:

- Saturdays, Sundays and public holidays: from 8:00-16:00

UTM Coordinates:

28.442383, - 16.370978

Geographic Coordinates:

28°26'32.58"N, 16°22'15.52"W

LAS RAÍCES RECREATIONAL AREA

The Las Raíces Recreational Area is situated in the Natural Protected Area of Las Lagunetas, in La Esperanza. Situated in the middle of a dense pine forest, it offers travellers the chance of enjoying unspoilt natural surroundings. It has tables, barbecue areas and car parks.

Location:

Main road from La Esperanza, TF-24.
Km marker 10, La Esperanza, El Rosario.

UTM Coordinates:

28.423425, -16.379839

Geographic Coordinates:

28°25'24.33"N, 16°22'47.42"W

RESTAURANTS

BODEGÓN CAMPESTRE (RESTAURANT)

In the Bodegón Campestre, visitors discover typical Canarian cuisine thanks to a menu based on top quality, fresh produce; it is famous for its green "mojo", the local spicy sauce. Another of the most typical features of this cosy restaurant is that the meals are served on wooden platters which gives the meat dishes a special, original flavour.

- Establishment chosen by the Tenerife Tourist Board
- We recommend confirming the opening times of establishments

Location:

Main road to Las Cañadas, km 7.5, La Esperanza, El Rosario.

Tel.: 922 548 057

Opening times:

- From Tuesday to Saturday from 12:00 to 00:00
- Sundays from 12:00 to 23:00
- Closed Mondays.

UTM Coordinates:

28.443483, -16.3689

Geographic Coordinates:

28°26'36.54"N, 16°22'8.04"W

Further information:

www.bodegoncampestre.com

PLAZA RESTAURANT HOTEL NIVARIA

Situated in the heart of the town of La Laguna, this restaurant offers a wide-ranging menu with carefully selected, typical Canarian products. It is housed in the Hotel Nivaria, in a former Canarian mansion currently occupied by the said hotel. Here visitors are able to relax and enjoy traditional cuisine in a warm, inviting atmosphere.

- Member of the Club Tenerife Rural
- We recommend confirming the opening times of establishments

Location:

Plaza del Adelantado, 11, La Laguna

Tel.: 922 264 298

Opening times:

- From Monday to Sunday from 13:30 to 22:00

UTM Coordinates:

28.487028, - 16.313375

Geographic Coordinates:

28°29'13.30"N, 16°18'48.15"W

Further information:

www.hotelnivaria.com

RESTAURANTS

RESTAURANT AT THE TEIDE NATIONAL TOURIST HOTEL

Situated within the limits of the Teide National Park, its facilities have been decorated to recreate the cosy atmosphere of a mountain villa. Diners have a varied menu to experience the rich gastronomy of the Canaries. Worth experiencing: the stew, the "papas arrugadas" (potatoes boiled in their skins in brine) with spicy sauces, etc.

- Establishment chosen by the Tenerife Tourist Board
- We recommend confirming the opening times of establishments

Location:

Las Cañadas del Teide, TF-21. Km marker 46.5

Tel.: 922 386 415 – 922 374 841

Opening times:

- Every day from 13:30 to 22:00

UTM Coordinates:

28.22435, -16.627103

Geographic Coordinates:

28°13'27.66"N, 16°37'37.57"W

Further information:

www.webtenerife.com/Destinos-y-lugares/Parque-nacional-del-Teide/Parador+Nacional+de+Turismo.htm?Lang=es

ROUTE LA LAGUNA, LA ESPERANZA AND MOUNT TEIDE
Agriculture, nature and history

ACCOMODATIONS

HOTEL LAGUNA NIVARIA

This hotel is housed in a former XVIIIth century mansion in the heart of the town of San Cristóbal de La Laguna. It has a great variety of rooms, from luxury suites to comfortable apartments. Likewise, it has a café and a restaurant.

- Member of the Club Tenerife Rural

Location:

Plaza del Adelantado, 11. La Laguna

Tel.: 922 264 298

E-mail: info@hotelnivaria.com

UTM Coordinates:

28.487028, - 16.313375

Geographic Coordinates:

28°29'13.30"N, 16°18'48.15"W

Further information:

www.hotelnivaria.com

TEIDE NATIONAL TOURIST HOTEL

The Teide National Tourist Hotel is situated inside the Teide National Park. Its welcoming facilities have been inspired by mountain villas which gives it a special charm. It is equipped with terraces from where one enjoys spectacular views of Mt. Teide and of the Park. It has 76 rooms, a garden, fitness room, sauna, heated swimming-pool, restaurant, bar and cafeteria.

- Establishment chosen by the Tenerife Tourist Board

Location:

Las Cañadas del Teide, TF-21. Km marker 46.5

Tel.: 922 374 841

Central reservations: 902 547 979

E-mail: reservas@parador.es

UTM Coordinates:

28.22435, -16.627103

Geographic Coordinates:

28°13'27.66"N, 16°37'37.57"W

Further information:

ROUTE LA LAGUNA, LA ESPERANZA AND MOUNT TEIDE
Agriculture, nature and history

ACCOMODATIONS

HOTEL SPA VILLALBA

Architecture and decoration inspired by Canarian traditions, at an altitude of 1,500 m, located in Spain's highest municipality and very close to the Teide National Park, this is the perfect place for a restful holiday.

- Member of the Club Tenerife Rural

Location:

Camino de San Roque, Vilaflor.

Tel.: 922 709 930

E-mail:

hotelvillalba@hotelesreveren.com

UTM Coordinates:

28.160253, - 16.642403

Geographic Coordinates:

28° 9'36.91"N,16°38'32.65"W

Further information:

www.hotelesreveren.com