

## Route planner

### 1. From the exit towards Las Galletas, San Miguel and Los Abrigos along the TF-1 motorway to Finca Punta del Lomo

**Distance:** 3.5 km

**Approx. time needed:** 10 minutes

**Estimated time for visit:** 45 minutes

Exit number 24 (when travelling towards Santa Cruz de Tenerife) and number 32 (travelling towards Arona) of the TF-1 South motorway to Las Galletas along the main TF-655. From this road, take a turn-off to the left towards Guargacho and travel a little over a kilometre and half along the Las Chafiras-Las Galletas road, the TF-652. Once in Guargacho, look out for the small church of La Virgen del Carmen, on the right-hand side of the road marking the turn-off on the right-hand side that you have to take, immediately before the church. Drive up Delfina Hernández street. At the end of the road you will find the entrance to the Finca Punta del Lomo.

### 2. From Finca Punta del Lomo to the Museo Casa El Capitán and the Historical Artistic Quarter of San Miguel de Abona

**Distance:** 9.2 km

**Approx. time needed:** 20 minutes

**Estimated time for visit:** 45 minutes

After leaving the Finca Punta del Lomo along Delfina Hernández street, drive back in the opposite direction along the same TF-652 to the junction with the Las Chafiras-Los Cristianos road, the TF-655. Here continue to the right, towards Las Chafiras. When you arrive at the roundabout at the end of the TF-655, follow the road towards San Miguel de Abona, in this case along the TF-65, the road to Los Abrigos. At the junction of this road with the main road to the South, the TF-28, better known as the "Old Main Road", you need to turn left to reach El Calvario street, which is where the El Capitán Museum and House is situated; its entrance is well signposted.

**Estimated distance:**

19.3 km

**Estimated time overall:**

4 hours, 40 minutes

**Estimated time for car travel:**

50 minutes

**Stops:**

- Finca Punta del Lomo
- El Capitán Museum and House
- San Miguel de Abona Historical Artistic Quarter
- Village of La Hoya
- Path to Tamaide
- La Centinela viewpoint

**Other points of interest:**

- San Miguel de Abona farmer's market
- Frontos Viticulture & Oenology Park
- San Blas Environmental Reservation

**Where to eat:**

- Restaurante La Brasa
- Restaurante El Sombrero
- Other establishments to eat

**Where to spend the night**

- Rural Home Azebuche and Rural Home Los Hornos
- Hotel Spa Villalba
- Casa Rural (Country cottage)
- Rural Hotel Senderos de Abona
- Other establishments to spend the night

## **Route planner**

### **3. From the Historical Artistic Quarter of San Miguel de Abona to the village of La Hoya and path to Tamaide**

**Distance:** 3 km

**Approx. time needed:** 10 minutes

**Estimated time for visit:** 2 hours

El Calvario street will take you back to the Main South Road, the TF-28. Once there, turn left towards El Roque. This small village is just under two kilometres away. As you arrive, drive a short distance past the turn-off to La Escalona and Jama (don't take it) and turn left down El Rincón street. After 150 metres you come to a fork. Turn down the right fork, Camino La Hoya street, towards Aldea Blanca. The village of La Hoya is situated approximately one kilometre from this fork. The starting point of the path to Tamaide is opposite the village.

### **4. From the village of La Hoya to the Mirador de La Centinela (viewpoint)**

**Distance:** 3.6 km

**Approx. time needed:** 10 minutes

**Estimated time for visit:** 20 minutes

To reach La Centinela viewpoint from the village of La Hoya you have to return along the same road as far as the junction with the Main South Road, the TF-28. At the junction, turn left and travel some two and a half kilometres in order to take a turn-off on the left-hand side, situated at a very pronounced bend in the road. The turn-off will take you straight to the La Centinela viewpoint, from where you can marvel at the excellent views, from the coast up to the mountaintops.

## Start

### San Miguel de Abona

From the heart of one of the largest banana farms on the island to the rich landscape of its upper slopes, the municipality of San Miguel de Abona has a number of attractions hidden in wait, beyond the thriving tourist industry on the coast.

San Miguel de Abona turns out to be a remarkable municipality where the traditions, the architecture and the rural environment reveal the history of this corner of Tenerife. By means of the proposed visit, visitors can learn about the farming past and present in this town, take pleasure in the typical, traditional architecture of the south of the Island, get to know some of the most exemplary spots of the municipality, enjoy exceptional views and scenery and discover some remnants of the most significant moments in San Miguel de Abona's history.

For many years, rain-fed crops (cereals, potatoes, fruit trees and vines) were the main economic activity in this land of limited water resources and intense sunshine that belonged to the aboriginal kingdom of Abona, one of the "kingdoms" into which the Island was divided in pre-Hispanic times. The population of the area struggled constantly against these climatic conditions that nowadays attract millions of tourists from all over the world but which were a tremendous hindrance to farming, previously indispensable in order to survive. The traditional use of "jable" (granular pumice) in order to retain the humidity in the soil, among other uses, is a result of these difficulties and of the efforts put in by the Island farmers across the centuries. Along with this crop system that is part of the identity of the middle slopes of this area of Tenerife, the introduction from the twentieth century onwards of irrigated crops such as bananas and tomatoes, mainly for export, diversify and enrich the agricultural activity in San Miguel de Abona and transform the landscape.

**UTM Coordinates:**

28.098478, -16.617125

**Geographic Coordinates:**

28°05'54.52"N 16°37'01.65"W

**Further information:**

[www.sanmigueldeabona.org](http://www.sanmigueldeabona.org)

## **Stops**

### **1. Finca Punta El Lomo**

The Finca Punta del Lomo, a model banana plantation, grows and exports more than 1,350,000 kg of fruit every year. A wide-ranging tour displays, live, all the tasks required to achieve this production.

The Finca Punta del Lomo is an active banana farm which annually harvests, packages and exports more than 1,350,000 kg of bananas to different European countries. An extensive tour, suitably signposted, allows visitors to the farm to learn in practice about the work necessary to obtain this fruit, native to Asia, that from the late XIXth century became the main crop in the Canaries. In addition, on the farm you will see magnificent, ornamental specimens of avocados, mangos, loquats, guavas and other fruit trees.

- Centre belonging to the Tenerife Rural Quality Network
- We recommend confirming the opening times of establishments

### **2. El Capitán Museum and House**

The stately "Captain's House" which takes its name from a former owner, a captain in the militia, nowadays belongs to the Local Council of San Miguel de Abona, that has reserved it for use as a museum about the municipality's history and culture. The house known as "The Captain's" was the property of a prominent family in the municipality of San Miguel de Abona from the XIXth century onwards, the Alfonsos. It acquired its name from one of their descendants, the militia captain Miguel Ángel Alfonso Martínez. Badly damaged by a fire in 1978, nowadays the house belongs to the Local Council which took on the conversion and has turned it into a museum. Different, interesting exhibitions about the history of the municipality, its traditions and its culture make up the content open to visitors in the exhibition rooms of this lordly Canarian mansion.

- Centre belonging to the Tenerife Rural Quality Network
- We recommend confirming the opening times of establishments

**Location:**

Calle Delfina Hernández, s/n,  
Guargacho. San Miguel de Abona.

**Tel.:** 922 284 841 & 656 889 988

**E-mail:**

cristina@fincapuntaellomo.com

**Opening times:**

- Every day. Essential to book  
beforehand by calling: 636 945 309

**UTM Coordinates:**

28.048186, -16.623292

**Geographic Coordinates:**

28°02'53.47"N 16°37'23.85"W

**Further information:**

[www.teneriferustic.com](http://www.teneriferustic.com)

**Location:**

Calle El Calvario, 1. San Miguel de  
Abona (Town Centre).

**Tel. :** 922 700 887

**E-mail:**

[casa.capitan@sanmigueldeabona.org](mailto:casa.capitan@sanmigueldeabona.org)

**Opening times:**

- from Monday to Friday: 8:00 to  
14:00 & 16:30 to 19:00

- Summer: 8:00 to 14:00

Entry free of charge

Group guided tours can be booked on  
922 700 887.

Night-time guided tours through the  
historical town centre of San Miguel  
are organised departing from the  
Museum: "San Miguel by Night".

- Information and booking by  
telephone: 922 700 887

**UTM Coordinates:**

28.048186, -16.623292

**Geographic Coordinates:**

28°02'53.47"N 16°37'23.85"W

**Further information:**

[www.sanmigueldeabona.org](http://www.sanmigueldeabona.org)

## Stops

### 3. San Miguel de Abona Historial Artistic Quarter

From the "The Captain's" Museum and House a pleasant stroll allows you to discover the charm of the San Miguel Historical Artistic Quarter. Its streets and old buildings exude the history of the town and of the entire district.

A pleasant walk gives you the chance to discover the most representative buildings and hidden corners of San Miguel's Historical Artistic Quarter. From "The Captain's" Museum and House, the walk recommended starts down La Iglesia Street, where you will come upon the chapel of El Calvario. The same street leads to the municipal library, which occupies a one-hundred-year old building that has been a prison, a dwelling, a school and the Town Hall, and to the parish church of San Miguel Arcángel, constructed in the XIXth century and representative of the late Canary baroque style. Nearby stands the house of the Illustrious\* Juan Bethencourt Alfonso, a famed historian of the aboriginal culture. From here, walking down Garañaña Street, you reach the junction with Antonio Alonso street, where on the right you have what is known as the Casa Azul, now the San Miguel Town Hall, built in the 1920s as a residential home in the colonial style of Brazil. A former water cistern belonging to the house accommodates the "El Aljibe" exhibition room and a sculpture dedicated to the traditional dance, the *Isa*, decorates its gardens. In order to return to the "The Captain's" Museum and House you can continue as far as La Constitución square along the TF-65 or through Antonio Alonso and Constitución streets. 100 metres away is La Iglesia Street. If you follow it to the left, it will take you back to the start.

\* (canonical title)

- We recommend confirming the opening times of establishments

**Location:**

Calle de la Iglesia. San Miguel de Abona (Town Centre).

**Timetable of the El Aljibe exhibition room:**

- Monday to Friday: 10:00 to 15:00.

- Tuesday to Thursday: 17:00 to 19:30.

- Night-time guided tours through the historical town centre of San Miguel are organised departing from the Museum (San Miguel by Night).

Information and booking by telephone: 922 700 887

**UTM Coordinates:**

28.098286, -16.617322

**Geographic Coordinates:**

28°05'53.83"N, 16°37'02.36"W

**Further information:**

[www.sanmigueldeabona.org](http://www.sanmigueldeabona.org)

## **Stops**

### **4. Village of La Hoya**

From the "The Captain's" Museum and House a pleasant stroll allows you to discover the charm of the San Miguel Historical Artistic Quarter. Its streets and old buildings exude the history of the town and of the entire district.

A pleasant walk gives you the chance to discover the most representative buildings and hidden corners of San Miguel's Historical Artistic Quarter. From "The Captain's" Museum and House, the walk recommended starts down La Iglesia Street, where you will come upon the chapel of El Calvario. The same street leads to the municipal library, which occupies a one-hundred-year old building that has been a prison, a dwelling, a school and the Town Hall, and to the parish church of San Miguel Arcángel, constructed in the XIXth century and representative of the late Canary baroque style. Nearby stands the house of the Illustrious\* Juan Bethencourt Alfonso, a famed historian of the aboriginal culture. From here, walking down Garañaña Street, you reach the junction with Antonio Alonso street, where on the right you have what is known as the Casa Azul, now the San Miguel Town Hall, built in the 1920s as a residential home in the colonial style of Brazil. A former water cistern belonging to the house accommodates the "El Aljibe" exhibition room and a sculpture dedicated to the traditional dance, the *Isa*, decorates its gardens. In order to return to the "The Captain's" Museum and House you can continue as far as La Constitución square along the TF-65 or through Antonio Alonso and Constitución streets. 100 metres away is La Iglesia Street. If you follow it to the left, it will take you back to the start.

\* (canonical title)

- We recommend confirming the opening times of establishments

**Location:**

Camino Lomo de la Hoya, km 1. San Miguel de Abona.

**UTM Coordinates:**

28.085328, -16.631517

**Geographic Coordinates:**

28°05'07.18"N, -16°37'53.46"W

**Further information:**

[www.sanmigueldeabona.org](http://www.sanmigueldeabona.org)

## **Stops**

### **5. Path to Tamaide**

The path to Tamaide situated opposite the village of La Hoya has panoramic views of the coast of San Miguel, Granadilla and Arona and of the Roque de Jama Natural Monument and La Centinela viewpoint.

This path belongs to one of the branches off the section of the "Royal Highway" (network of bridle paths financed by the Crown) from Chasna, that linked La Orotava with Vilaflor. From the time of the guanches until now, the Royal highways have played a key role in communications on the island, as they have served to unite the different communities and facilitate contact between them.

The path is situated in a ravine from "coast to mountain top", typical of the middle slopes of the south of Tenerife, the vegetation being characteristic of the Euphorbias (spurges). Without doubt, the Tamaide spring is one of the main points of interest, both as an element of the landscape, as well as for its historical value as a water supply, serving as a watering place for livestock and for washing clothes in times past.

### **6. La Centinela Viewpoint**

From the time when the guanches inhabited these lands, and in the centuries after the Conquest of Tenerife, places such as this served to keep a lookout for the arrival of the feared slavers or pirates. Today, the extraordinary views from this vantage point have no other object than to gladden the hearts of those who contemplate them.

At the foot of the Roque de Jama Natural Monument, the Montaña de La Centinela (Sentinel Hill) was used even before the Conquest, thanks to its excellent views, as a strategic lookout point along the coast to warn of the possible arrival of slavers or pirate ships, whence its name. On this mountain, nowadays a modern viewpoint is located that offers the opportunity of surveying extraordinary views that span the ocean as far as the horizon.

The countryside that can be seen all around makes the viewer realise the importance that farming has always had in this area of the Island and still does to this day. As can be seen, greenhouses with irrigated crops cover a large part of the land nearest to the sea. Equally, the advance of tourism can be seen which also occupies a considerable part of the coastal area.

- We recommend confirming the opening times of establishments

**Location:**

Camino Lomo de la Hoya, km 1. San Miguel de Abona.

**UTM Coordinates:**

28.086442, -16.628456

**Geographic Coordinates:**

28°05'11.12"N,16°37'42.24"W

**Further information:**

[www.sanmigueldeabona.org](http://www.sanmigueldeabona.org)

**Location:**

Main road Valle San Lorenzo, km marker 94. San Miguel de Abona.

**Tel.:** 922 764 088 & 678 509 435

**The timetable of the cafeteria located at the viewpoint is:**

- Monday to Saturday, 10:00 to 23:00.

- Sundays: 12:00 to 18:00

**UTM Coordinates:**

28.078267, - 16.639375

**Geographic Coordinates:**

28°4'41.76"N, 16°38'21.75"W

## Other points of interest

### San Miguel de Abona Farmer's Market

The San Miguel de Abona farmers' market gives you the chance of purchasing the excellent local produce right from the producers. Fruit, vegetables, cheeses, home-made liqueurs, wines, pastries and flowers are some from the products that can be acquired in the many stalls, all run by the farmers themselves.

- We recommend confirming the opening times of establishments

**Location:**

Calle Modesto Hdez. González, s/n.  
Pol. Industrial Las Chafiras. San Miguel de Abona.

**Tel.:** 922 167 371 & 679 281 784

**E-mail:**

mercadodelagricultor@sanmigueldeabona.org

**Opening times:**

- Saturdays and Sundays from 8:00 to 14:00

- Wednesday from 15:00 to 19:30

**UTM Coordinates:**

28.04945, - 16.617778

**Geographic Coordinates:**

28°2'58.02"N, 16°37'4.00"W

**Further information:**

www.mercadosdelagricultor.com

### Frontos Viticulture & Oenology Park

The Frontos viticulture & oenology park provides one of the most complete offers concerning the world of wine, practically a theme park devoted to the winemaking culture of the south of the Island. Situated in the upper part of the neighbouring municipality of Granadilla de Abona, in the area of Los Blanquitos, the farm houses a winery with a spectacular wine-tasting hall, a restaurant, a small museum and a farm shop. This is complemented by a children's playground and a path that wanders among the vineyards.

- Centre belonging to the Tenerife Rural Quality Network

- We recommend confirming the opening times of establishments

**Location:**

Lomo Grande 1, Los Blanquitos.  
Granadilla de Abona.

**Tel.:** 922 777 253

**Opening times:**

- Visits by arrangement from 8:00-16:00.

**E-mail:** bodega@tierradefrontos.com

**UTM Coordinates:**

28.134903, - 16.550575

**Geographic Coordinates:**

28°08'05.65"N, 16°33'02.07"W

**Further information:**

www.tierradefrontos.com



## **Other points of interest**

### **San Blas Environmental Reservation**

The San Blas Environmental Reservation is an eco-tourism site of great historical, cultural and scenic value. Concentrated in a beautiful volcanic environment, the centre offers many attractions for visitors. Always with scientific rigour and a strong commitment to sustainability, its themes revolve around the natural and historic use of the resources of the place, from the guanches until the present day. Actors recreating the work outdoors of times past and a full multimedia interpretation centre are some of the many surprises integrated in San Blas Environmental Reserve.

- We recommend confirming the opening times of establishments

**Location:**

Main Road Los Abrigos, Urbanización San Blas. San Miguel de Abona.

**Tel.:** 922 749 010 (Ext. 3)

For visits, information and reservations, telephone 922 749 010

**Opening times:**

- Closed: Tuesday and Wednesday  
Visits for groups of maximum 21 people

Entrance fee for visitors: € 12 (residents), € 15 (non-residents)

**E-mail:** reservas.sanblas@sandos.com

**UTM Coordinates:**

28.032131, - 16.598333

**Geographic Coordinates:**

28° 1'55.67"N, 16°35'54.00"W

**Further information:**

[www.sanblas.eu](http://www.sanblas.eu)

## Where to eat

### Restaurante La Brasa

At this restaurant, visitors can enjoy Canarian cuisine specialising in grilled meats. This establishment, located in the municipality of Arona, has opted for tradition and the richness and variety of native products.

Establishment chosen by the Tenerife Tourist Board

We recommend confirming the opening times of establishments

**Location:**

Carretera General de Guaza 371,  
Buzanada. Arona.

**Tel.:** 922 720 622

**Opening times:**

- Monday to Saturday: 13:00 to 16:00  
and 19:30 to 23:00

- Closed Sundays.

**UTM Coordinates:**

28.062194, - 16.666061

**Geographic Coordinates:**

28°3'43.90"N, 16°39'57.82"W

### Restaurante El Sombrerito

In El Sombrerito restaurant visitors can discover the traditional cuisine of the islands, one of its specialities being Canarian stew. It is situated in the municipality of Vilaflor, close to San Miguel de Abona. It makes the best dishes prepared with Canary produce available to customers. Next door is a small family museum housing a collection of old utensils.

Establishment chosen by the Tenerife Tourist Board

We recommend confirming the opening times of establishments

**Location:**

Calle Santa Catalina 15. Vilaflor.

**Opening times:**

- Every day: from 12:00 to 21:00

- Closed Thursdays

**Tel.:** 922 709 052

**UTM Coordinates:**

28.154842, - 16.637967

**Geographic Coordinates:**

28° 9'17.43"N, 16°38'16.68"W

### Other establishments to eat

See the following link:

[www.sanmigueldeabona.org/index.php/mod.pags/mem.detalle/](http://www.sanmigueldeabona.org/index.php/mod.pags/mem.detalle/)

[idpag.39/idmenu.1056/chk.c4c7ca4d1327441eb0e42a50b0245ab4.html](http://idpag.39/idmenu.1056/chk.c4c7ca4d1327441eb0e42a50b0245ab4.html)

## Where to spend the night

### Rural Home Azebuche and Rural Home Los Hornos

In Granadilla de Abona, in southern Tenerife, the Azebuche country estate is a peaceful hideaway completely surrounded by nature. The two homes, Azebuche and Los Hornos, are located within vineyards and a forest at an altitude of 1,100 m (3,600 ft.).

Member of the Club Tenerife Rural

**Location:**

Calle Lomo Hernández. Granadilla de Abona.

**Tel.:** 649 993 729

**UTM coordinates:**

28.154876,-16.576567

**Geographical coordinates:**

28°08'46.18" N, 16°34'09.67"W

### Hotel Spa Villalba

The architecture and decor of this hotel were greatly inspired by Canarian culture. It is found at an altitude of 1,600 m, (5,250 ft.) in one of the highest municipalities in Spain and quite near the Teide National Park. It is an ideal place to find rest and relaxation.

Member of the Club Tenerife Rural

**Location:**

Carretera San Roque. Vilaflor.

**Tel.:** 922 709 930

**E-mail:**

hotelvillalba@hotelesreveron.com

**UTM coordinates:**

28.160253, -16.642403

**Geographical coordinates:**

8° 9'36.91"N, 16°38'32.65"W

**Further information:**

www.hotelesreveron.com

### Casa Rural Tamaide (country cottage)

The Tamaide country cottage is located in a small, quiet rural community in the municipality of San Miguel de Abona, in the south of Tenerife. The cottage's location makes for fast road connection with the main tourist areas in the south (15 minutes), with the Island capital (50 minutes) and with Tenerife South airport (12 minutes). It is a former family house, over 300 years old, listed as of historical-artistic interest.

Establishment chosen by the Tenerife Tourist Board

**Location:**

Calle Concepción García Suárez, 1.

San Miguel de Abona.

**Tel.:** 922 700 108

**UTM Coordinates:**

28.085308, - 16.626767

**Geographic Coordinates:**

28° 5'37.11"N,16°37'36.36"W

## **Where to spend the night**

### **Rural Hotel Senderos de Abona**

The Senderos de Abona Rural Hotel, situated in a noble mansion from the mid-1800s is situated in a pedestrian street close to the church of the village of Granadilla de Abona, near San Miguel. Renovated with great attention to detail, this house has all the elements necessary to ensure the highest degree of comfort. It consists of 16 double rooms and is equipped with large gardens with native fruit trees, a swimming pool, a restaurant specialising in Canarian food, barbecues, a Canarian museum...

Establishment chosen by the Tenerife Tourist Board

### **Other establishments to spend the night**

See the following link:

[www.sanmigueldeabona.org/index.php/mod.pags/mem.detalle/idpag.38/idmenu.1058/chk.318d05f399f0b9deb5a4e58848b10dfc.html](http://www.sanmigueldeabona.org/index.php/mod.pags/mem.detalle/idpag.38/idmenu.1058/chk.318d05f399f0b9deb5a4e58848b10dfc.html)

**Location:**

Calle La Iglesia, 5. Granadilla de Abona.

**Tel.:** 922 770 200

**UTM Coordinates:**

28.125894, - 16.577

**Geographic Coordinates:**

28°7'33.22"N, 16°34'37.20"W

**Further information:**

[www.senderosdeabona.com](http://www.senderosdeabona.com)