

Tenerife Sur: Short Walks Under 10 km

Playa Paraiso-El Puertito Circular (Adeje)

Route Summary

A short coastal walk to the popular and pretty secluded hamlet of Puertito on Costa Adeje. The return route passes by the colourful Bahia Principe hotel and Dzamling Gar Tibetan yoga centre. Some fine views in all directions.

Duration: 2.5 hours



Route Overview

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Transport/Parking: Titsa 371 from Los Cristianos to Playa Paraiso. Parking on Avenida Adeje 300, near the start.

Length: 5.560 km / 3.48 mi

Height Gain: 155 meter

Height Loss: 155 meter

Max Height: 72 meter

Min Height: 1 meter

Surface: Moderate.

Child Friendly: Yes.

Difficulty: Easy.

Dog Friendly: Yes.

Refreshments: Numerous options in Playa Paraiso. Pepe Y Lola in Puertito (closed Mondays).



Description

There are some fascinating coastal rock formations to observe on this short circular walk from Playa Paraiso to the pretty bay and hamlet of Puertito de Armeñime on Costa Adeje. On the outward section we mainly follow a route along the low cliffs. On the return we take a different route, venturing a little inland to eventually circle the extensive multi-coloured Bahia Principe hotel complex. For those with an interest, there is an opportunity to visit the attractive Dzamling Gar centre on Avenida Playa Paraiso between walk waypoints 20 and 21 where the ancient spiritual teaching of Dzogchen, including yoga, dance and song developed within the Tibetan Buddhist tradition, is celebrated.

Although there is much in the way of beautiful scenery on all sides to admire on this route, walkers should be aware that litter and discarded waste from seaside campers is an unfortunate visual aspect in places.



Waypoints

(1) Start of walk at El Marques CC

(28.11840; -16.77656)

Start the walk outside the El Marques Commercial Centre on the southern outskirts of Playa Paraiso and follow the coastal promenade around the centre taking in the fine views of the rocky point and to either side.



(2) Right and down steps off Avenida Adeje 300

(28.11861; -16.77467)

In around 300 m, after leaving the short promenade and ascending on Avenida Adeje 300, turn right and take the steps down to the barranco and beach area at Playa Las Salinas. Then, ascend on the path and steps to the periphery path at the Bahia Principe hotel. Veer right and follow the public path around the gardens and swimming pool area. (300 m)



(3) Go right parallel with coast

(28.11716; -16.77314)

In 430 m, after the path leaves the immediate surrounds of the hotel, veer right to avoid walking in-land and uphill. (727 m)



(4) Turn right towards coast

(28.11684; -16.77283)

Very soon, in about 50 m, turn right and follow the narrow path past the little rocky cove to the headland. Continue taking the indistinct path around the coast in a southerly direction, away from Playa Paraiso. (775 m)



(5) Continue on coastal path past plantation wall

(28.11512; -16.77305)

In another 400 m, or so, pass the end of the plantation wall on the coastal path. (1.2 km)



(6) Veer right to stay on coastal path

(28.11352; -16.77177)

In 200 m, passing temporary and weekend shacks on your right, after the end of the plantation wall, veer right to stay on the coastal path. Head for the edge of the cliffs and follow the path as you approach the pretty bay at El Puertito, now walking with the Adeje hills ahead of you. (1.4 km)



(7) Down steep path to Puertito

(28.11387; -16.76916)

In 400 m, as you get closer to El Puertito, below you, take the steep path down to the beach area and continue walking along the front towards the houses. You may want to stop for a swim, and/or some refreshment at the Pepe Y Lola cafe/bar (not open on Mondays). (1.8 km)



(8) Follow coastal path amongst houses

(28.11299; -16.76788)

In 200 m from the cliff-top, take the paved pathway around and through the small collection of village houses before ascending the low cliffs on the other side of El Puertito bay. (2.0 km)



(9) Left and up before house on point

(28.11192; -16.76866)

In around 150 m, on the part-railed cliff-top path that leaves El Puertito, veer left to take the path that ascends towards the house on the point. (2.15 km)



(10) Turn back towards village on upper path

(28.11149; -16.76884)

In just 50 m, having taken in the views from the cliff-top area near the graffiti-painted metal container, turn back in the general direction of El Puertito taking a rough and indistinct path heading inland above the village. (2.2 km)



(11) Left off path onto rough track

(28.11289; -16.76688)

In 200 m, you will encounter a t-junction where you turn left onto a broader track as it passes the higher house of the village and veers right and down towards the barranco area and camp-site. Your objective is the church which you will clearly see below you to your left. You may need to engage your creative alternative path-finding skills as the lower parts of this route are used as an open toilet by some campers! (2.5 km)



(12) Pass church and turn right onto road

(28.11475; -16.76724)

In 200 m, you will pass the little church, joining the tarred road and turning right to follow the road as it ascends out of El Puertito to a sharp bend at the top of the hill. Carry on walking at the side of the road from that hill-top bend for a short distance. (2.7 km)



(13) Left and down off road

(28.11478; -16.76980)

In 400 m from the church, passing a high pole on your left, take the rough path down off the tarred road, heading inland. (3.1 km)



(14) Veer left and down the slope towards building

(28.11555; -16.76991)

In just 100 m, or so, before the path reaches the road again, veer left and down the slope towards the building. (3.2 km)



(15) Veer right past ruin

(28.11576; -16.77106)

In less than 200 m, veer right past an abandoned building. (3.4 km)



(16) Veer right here towards open ground

(28.11591; -16.77217)

In 100 m, having turned right away from a shack building, veer right here towards open ground, with the high buildings of Playa Paraiso ahead. (3.5 km)



(17) Veer right and up towards hotel

(28.11681; -16.77240)

In 200 m, take the sharp turn right on the rough road, heading up to the utility area of the Bahia Principe hotel. (3.7 km)



(18) Continue up past hotel on your left

(28.11864; -16.77148)

In 200 m, join the tarred road and walk uphill towards the main entrance to the hotel. (3.9 km)



(19) Pass hotel and continue uphill on pavement

(28.11922; -16.77024)

In just 200 m you will pass the entrance to the Bahia Principe hotel as you continue walking uphill on the pavement. We believe that it is technically possible to walk through the hotel and grounds to the periphery path on the other side, then retracing your route between Waypoints 3 and 2, across the barranco, for a shorter return to the start point. However, you may encounter a hotel security guard, as we did, who will prevent your access to the hotel grounds! (4.1 km)



(20) Left at top of road

(28.12085; -16.76736)

In 300 m, uphill from the Bahia Principe sign, turn left at the t-junction when you reach the Avenida Playa Paraiso. You may wish to cross the road, to the other side from the shops, to check out the [Dzamling Gar](#) Tibetan yoga centre. (4.4 km)



(21) Left and downhill on pavement

(28.12260; -16.76895)

In 200 m, passing the locals, shops and cafes, turn left down Avenida Adeje 300 and walk downhill past residential apartment complexes towards your start point. (4.6 km)



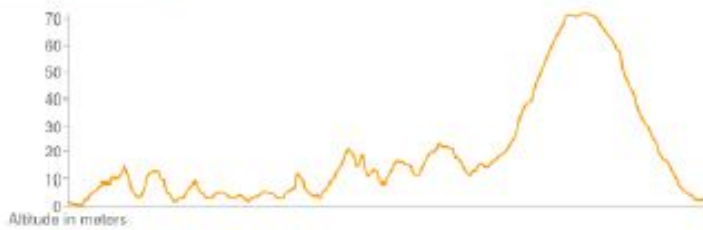
(22) Finish walk back at the Marques CC

(28.11845; -16.77647)

In 1 km you will have returned to you start point outside the El Marques CC. (5.6 km)



Route Map



Links:

[Photos from walk](#)

[Download Route Guide](#) (PDF with illustrated Waypoints)

[Download GPX file](#) (GPS Exchange Format)

[Access Walk on Viewranger](#)

[Access Walk on Wikiloc](#)