

Tenerife Sur: Short Walks Under 10 km

Los Cristianos-Mesas de Guaza Circular (Arona)

Route Summary

This is a deceptively energetic hike, with many ups and downs, giving an overall ascent of 400+ m over 8.2 km. Since Los Cristianos is one of the sunniest parts of Tenerife, it makes a good choice, giving clear, open views, when the higher areas of the island are under cloud.

Duration: 4 hours



Route Overview

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Transport/Parking: The start-point is less than 25 minutes walk from Los Cristianos bus-station. Good on street parking near to start of walk.

Length: 8.170 km / 5.11 mi

Height Gain: 416 meter

Height Loss: 416 meter

Max Height: 167 meter

Min Height: 12 meter

Surface: Rough.

Child Friendly: Yes. But only if children are used to hikes of this distance and overall ascent on rough surfaces.

Difficulty: Moderate.

Dog Friendly: Yes.

Refreshments: Callao Beach Club, near to walk start-point.



Description

This walk is easily accessible from the eastern end of the Los Cristianos holiday resort. Indeed, despite being a stiff climb, the initial section (1.5 km return) to the view point for Los Cristianos is clearly popular with some holiday-makers. Unlike our Walk #15 ("The Heights of Montaña Guaza") this route does not go to the summit of the mountain but instead takes a circular route around the now abandoned agricultural area on the Llanos (plains) del las Mesas (tables) de Guaza underneath the hill on the sea side. This area slopes gently to the cliffs between Los Cristianos and Palm Mar, and is, in itself, fairly easy walking. However, having reached the point where you have a bird's eye view over Palm Mar, approaching the coast, the cliff-top return route to Los Cristianos involves some strenuous walking in and out of coastal ravines. Although never ascending higher than 170 meters, the walk provides many pleasing views of the surrounding area, principally the Los Cristianos bay and harbour, Palm Mar, and over the sea to La Gomera. You may wish to time your walk to take in the ferries arriving or departing the port.



Waypoints

(1) Start outside Parque Tropical III

(28.04269; -16.70829)

Start the walk outside the Parque Tropical III residential complex at the farthest east point on the Avenida de Juan Carlos I in Los Cristianos, at the beachfront under Montaña Guaza. Walk a short distance around the corner onto Calle Marea, with the mountain on your right side, and in the direction away from the sea.



(2) Right up path off Calle Marea

(28.04231; -16.70744)

In 100 m, or so, depending on where you started outside the Parque Tropical III complex, you will see a post with a sign indicating that the area of Montaña Guaza is a protected natural space. Turn right here, off the pavement, and down onto rough track. Follow the path steeply uphill for a short distance, choosing the best option for you from a number of alternative routes until you reach the obvious main path. Go left here, and follow this rough, but well used, path for more than 650 m as it gradually ascends this section of the hill. (105 m)



(3) Right and up here

(28.04231; -16.70279)

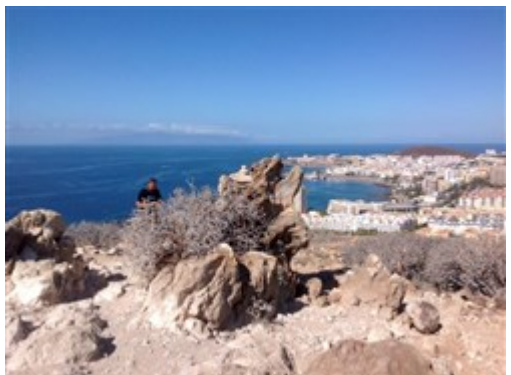
In about 666 m, go right and uphill on the well-worn path to the viewpoint for Los Cristianos above you. Here there is a rocky outcrop and a large stone cairn. (771 m)



(4) Viewpoint for Los Cristianos

(28.04205; -16.70295)

In less than 40 m you are at the popular, and sometimes busy, viewpoint for Los Cristianos. Here, there are marvellous views of the resort, harbour, bay, and further afield. There is a warning sign not to venture too far in front of the viewpoint, where the slope is very steep. When you are ready to move on, from the rear of the rocky outcrop, turn your back to the view and walk on 15 m, or so. There are options to take a number of different paths. (808 m)



(5) Take left fork towards barranco

(28.04200; -16.70281)

In less than 15 m from the rear of the rocky outcrop at the viewpoint, walk inland, taking the path forking towards the barranco (actually, these two paths join up again later on but we think the left side has better views). (822 m)



(6) Right and up, then left after gap in wall

(28.04108; -16.70137)

In another 180 m, or so, go up a very short distance to your right through a broken-down wall, then immediately go left. (1.1 km)



(7) Up onto rough road and go right

(28.04004; -16.69894)

In another 200 m, or so, go up through a gap in a broken-down wall onto a rough road. Go right, keeping the stone wall on your left. Keep following the road as it bends to the left and heads in an easterly direction. (1.3 km)



(8) Right at t-junction

(28.03768; -16.69699)

In another 400 m, at a t-junction, go right and keep following the road as it bends left then goes straight, in an easterly direction. (1.7 km)



(9) Right off road onto path

(28.03706; -16.69448)

In 300 m, go right off the rough road onto a path heading towards the coast. (2.0 km)



(10) Take right fork with building on left

(28.03605; -16.69450)

In about 100 m, follow the right fork at a y-junction. This track will take you past the block-like old building ahead of you. It will be on your left side as you pass it. Carry on walking on this path as it bends to your left, heading towards Palm Mar. When you reach a point above the landward outskirts of Palm Mar the path will bend right and head towards the sea, with Palm Mar below you on your left side as you walk above the steep slope. Keep heading in the direction of the sea, looking down on the apartment complexes of the settlement. (2.1 km)



(11) Veer right to avoid steep barranco path

(28.02645; -16.69706)

Eventually, after 1.6 km, as the path offers to go steeply down into a barranco, take the path to your right to follow the barranco inland, going left when joining another path that crosses the barranco more safely at a much lower point, then following the path along what was the opposite side of the barranco to the point you would have reached had you taken the steep path in and out of the barranco. Now follow the path as it bends right, away from Palm Mar, to follow the cliff-top back in the direction of Los Cristianos for approximately 3 km. This is a strenuous up and down section of the walk as there are a number of small ravines/barrancos to cross. (3.7 km)



(12) Veer right away from dangerous cliff-side path

(28.03836; -16.70817)

After 3 km, walking with the sea on your left shoulder, you reach a y-junction, with Los Cristianos visible in the middle distance. Veer right and up here. The path veering left and down is precipitous and considered to be dangerous. Don't take it! (6.7 km)



(13) Left and down from Los Cristianos viewpoint

(28.04219; -16.70287)

In 800 m on the up and down path, you will arrive back at the Los Cristianos viewpoint you visited at Waypoint 5. From here carry on veering left and down to re-join the path you took on your ascent to the viewpoint at the start of the walk. Re-trace your steps downhill to your start-point. (7.5 km)



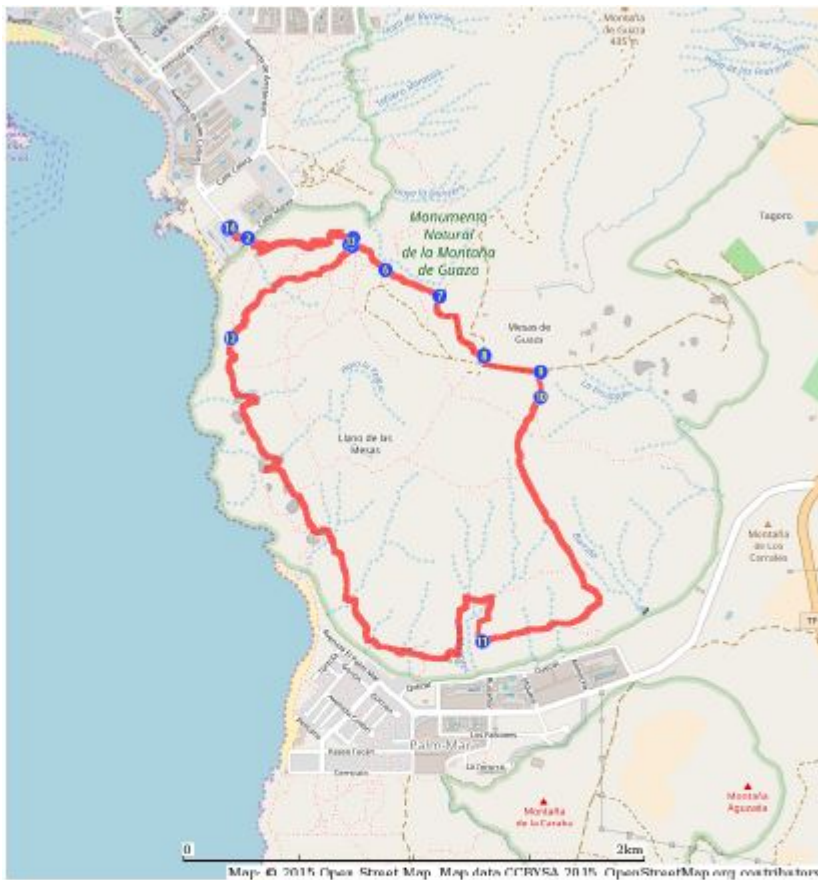
(14) Return to start near Parque Tropical III

(28.04272; -16.70820)

In 700 m of descent you will have returned to your start-point near the Parque Tropical III apartment complex on Avenida de Juan Carlos I, Los Cristianos.



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](#)