

Tenerife Sur: Short Walks Under 10 km

Mirador Narices del Teide-El Cedro Circular (National Park)

Route Summary

This short but energetic hike, ascending part-way up, and circling around, Montaña El Cedro on the rim of the Teide Caldera provides a range of interesting and special viewpoints to wonder at the natural beauty of the National Park.

Duration: 3 hours



Route Overview

Duration: 3.0 hours.

Transport/Parking: No Titsa bus service. Parking at Mirador de las Narices del Teide car-park, at start of walk.

Length: 6.690 km / 4.18 mi

Height Gain: 349 meter

Height Loss: 349 meter

Max Height: 2161 meter

Min Height: 1989 meter

Surface: Rough. This route is partly on rough paths, partly on smoother, but uneven, forest roads.

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

Difficulty: Moderate.

Dog Friendly: No. Dogs are not allowed to walk in the National Park area.

Refreshments: Restaurante las Estrellas on TF-38 access road. Parador cafe in National Park. Cafes in Chio.



Description

This moderately strenuous walk provides some spectacular views of the Teide Caldera area. The walk starts at the Mirador de las Narices del Teide car-park on the TF-38 access road to the National Park from Chio. From there you have the best view of the craters (the "Narices" [nostrils]) on the side of Pico Viejo that erupted in 1798, causing the huge lava field close by. After the initial approach towards the El Cedro mountain, on the edge of the Caldera, there is a short but steep ascent to an open forested saddle area underneath the peak. Here, the views of Teide and Pico Viejo are definitely in the "Wow, Spectacular" category! Looking in the other direction you are likely to have a wonderful perspective on the "sea of clouds" below you, ebbing and flowing through the steeply sloped pine forest. In a short distance from here, at the base of a rocky cliff, you come across the dampness and greenery of the Fuente del Cedro (a natural spring). The remainder of the walk on sun-dappled forest paths and roads, provides an ever-changing panorama of stunning views from a range of different perspectives.



Thanks to [Gary Rosson](#), the [Tenerife Rambler](#), for the idea for this walk. Information about Gary's walk, from a different start-point (at the Museo Juan Evora, Boca Tauce), can be found here: <https://www.wikiloc.com/wikiloc/view.do?id=20511952>

Waypoints

(1) Start walk at Mirador Narices car-park

(28.23844; -16.69827)

The walk starts at the *Mirador de las Narices del Teide car-park. From here you can see the craters on the side of Pico Viejo (the Narices [nostrils]) that erupted in 1798, causing the great lava field close by. From the car-park, cross the road with care to the walks signpost for Sendero 18. You will follow that route for part of the way. Facing the signpost, turn to your right and follow the path, marked with stones on either side as it first sets off on a NW direction, then gradually starts to turn in the opposite direction, heading SE, for Boca Tauce.

**Note: the Mirador de las Narices del Teide car-park and viewing point is situated on your left about 26 km from Chio on the TF-38 road to Teide. Alternatively, it is just over 3 km from the Boca Tauce TF-21/TF-38 junction, on your right.*



(2) Follow signpost for Museo Juan Evora

(28.23345; -16.69802)

In about 900 m, you will arrive at a walks signpost. Leaving the narrow path and joining the rough road, carry on straight ahead in the direction marked for the Museo Juan Evora. (905 m)



(3) Right off road and up path

(28.23087; -16.69947)

In another 300 m, or so, not long after the chained fence marking the nature reserve (for Tajinaste Rojo plants) ends, and going down a gentle slope in the road, look out for the entrance to a narrow path on your right that will take you up the side of the hillside in the direction of a pass or saddle beneath the El Cedro mountain, just ahead of you. The path is narrow and steep in places but should not cause any vertigo problems. (1.2 km)



(4) Left after ascending to saddle

(28.22746; -16.69969)

After ascending for about 500 m you will have reached a relatively broad and flat saddle area beneath the El Cedro peak on your left. Follow the path to your left here. (1.7 km)



(5) Fuente del Cedro

(28.22681; -16.70004)



In just over 100 m, look out for an opening on your left that leads almost immediately to the Fuente del Cedro (spring). Here there is what looks like a man-made tunnel into the rock (with lying water during our walk in Feb 2018). There is a religious icon on a ledge above the tunnel opening. Carry on as the path starts to work its way around the mountain in a SE direction. (1.8 km)



(6) Left and up behind forestry building

(28.22034; -16.70529)

After another 1 km, now walking downhill you will see a low yellow-coloured forestry building appearing at first below you, then above you, on your left, with a high red-coloured forestry look-out tower above it. Go left and up, walking ahead with the forestry building on your left side. At this point the narrow and indistinct path becomes a rough access road. Follow this access road as it winds its way down the hillside. (2.8 km)



(7) Left and up rough road

(28.21882; -16.70339)

In about 700 m, the rough access road reaches a t-junction with the main forestry road at a bend. Go left and up on the main forestry road in the direction of the Boca Chavao pass. (3.5 km)



(8) Follow rough road as it veers left

(28.22283; -16.69604)

In 900 m, ascending up the rough forestry road, at the Boca Chavao pass, carry on following the forestry road as it veers left, passing signs and a path on your right for Boca Tauce and the Museo Juan Evora. At this point you have re-joined NP Sendero 18, and you are starting to head back towards your start-point. (4.4 km)



(9) Veer left off road for Mirador path

(28.23345; -16.69792)

In 1.4 km, at the walks signpost you passed early on in the walk at Waypoint 2, leave the rough road to join the narrow path that will take you back to your start point at the Mirador Narices car-park. (5.8 km)



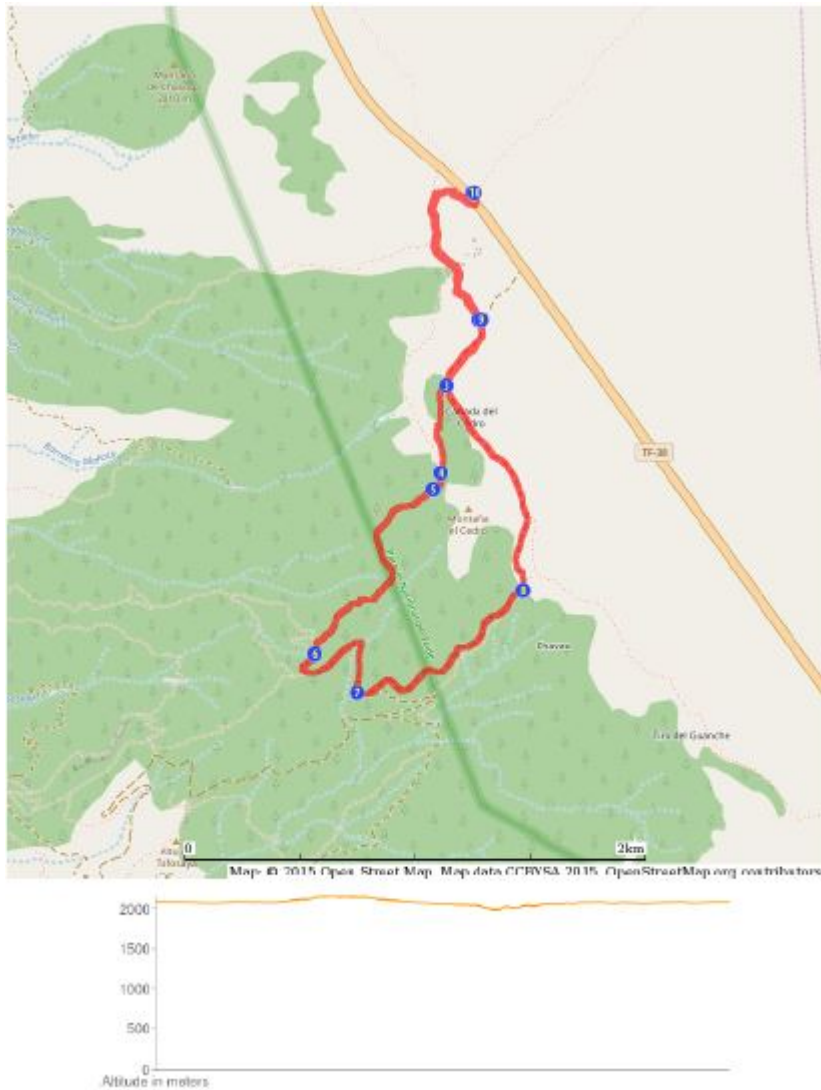
(10) Finish walk back at car-park

(28.23845; -16.69820)

In 900 m, or so, having taken care to cross the road safely, you are back at your start point at the Mirador de las Narices del Teide car-park. (6.7 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](#)