

Tenerife Sur: Short Walks Under 10 km

Montaña Samara-Cuevas Negras Circular (National Park)

Route Summary

This walk in an amazing volcanic landscape is readily accessible from the southern resorts. It offers tremendous views of the Teno mountains, the islands of La Gomera and La Palma, open pine forests, Mount Teide, Pico Viejo, solidified rivers of lava and volcanic vents/caves.

Duration: 3.75 hours



Route Overview

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Transport/Parking: No Titsa bus service. Montaña Sámara car-park on the TF-38 road to the Teide National Park, about 22 kms from the Chio turn-off to El Teide on the TF-1 to Santiago del Teide from Los Cristianos/Las Americas.

Length: 8.250 km / 5.16 mi

Height Gain: 392 meter

Height Loss: 392 meter

Max Height: 2222 meter

Min Height: 1869 meter

Surface: Rough.

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

Difficulty: Medium.

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

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



Description

This is a great half-day walk offering an excellent opportunity to become acquainted with one of Tenerife's most exciting volcanic landscapes, married with areas of attractive pine forest. There are tremendous views of Mount Teide, and, particularly, the towering mass of Pico Viejo. There are also tremendous views of the southern edge of the Teno mountains and the islands of La Gomera and La Palma. At the mid-point in the walk you can explore the area known as "Las Cuevas Negras" (not the Los Silos ones!). Here, former volcanic vents have a cave-like structure. The starkness of the volcanic landscape is softened in large sections of the walk by strolling through open pine woodland surrounded by steep and stony hillsides ablaze with colour (in season) from shrubs and flowers that have colonised this otherwise desolate area. The walk is easily accessible from the southern resorts. You start from the Sámara car-park on the TF-38 road to the Teide National Park, about 22 kms from the Chio turn-off to El Teide.



Waypoints

(1) Start at Montana Samara car-park

(28.26665; -16.72603)

You start from the Montana Sámara car-park on the TF-38 road to the Teide National Park, about 22 kms from the Chio turn-off to El Teide on the TF-1 to Santiago del Teide from Los Cristianos/Las Americas. After reading the information board, descend the steps onto the path.



(2) Turn right onto PN Sendero 13

(28.26693; -16.72590)

Almost immediately, in about 30 m, turn right onto PN Sendero 13. (34 m)



(3) Veer right onto 32

(28.26401; -16.72019)

After just over 700 m, veer right onto PN Sendero 32 at signed junction. (814 m)



(4) Sharp left and uphill

(28.25106; -16.70541)

After another 2.2 km, turn sharp left and go uphill close to a Sendero sign. The path is less well-defined than before as you climb up, becoming more difficult to follow as it eventually flattens out. Keep Montana Pico Viejo ahead of you and very slightly to your right as you head towards a junction with a better defined path (PN Sendero 38). (3.0 km)



(5) Left onto PN Sendero 38

(28.25587; -16.70020)

In 800 m, you will arrive at a junction with PN Sendero 38. Go left onto PN Sendero 38. (3.8 km)



(6) Left off track for Cueva Negra

(28.26081; -16.70101)

After walking another 1 km, or so, at a Sendero sign (marked 38) go left off the track to find a large Cueva Negra. It is not marked and there is no clear path towards the depression/volcanic cavity with the cave, but you will notice that the ground is heavily marked with footprints. In 30 m, or so, you will be peering down into the large depression. Veer a little right to find the obvious best way to enter the depression down a gentle slope. (4.8 km)



(7) Cueva Negra

(28.26069; -16.70118)

Once you have walked down into the depression, with Pico Viejo ahead of you on your skyline, you will immediately notice the cave entrance. Getting closer you will see that entrance is prevented by a barred and locked gate. Notice the fascinating "melted rock" walls close to the cave entrance. Once you are ready, re-trace your steps back to the main path (NP Sendero 38) and carry on with your route back towards the Montana Samara area. (4.9 km)



N.B.: There are at least two more "cuevas negras" in this area that you may want to find and investigate. We didn't locate them on our walk, but will try harder next time! Afterwards, we discovered this link that gives information on where to find them:

<https://es.wikiloc.com/rutas-senderismo/p-n-teide-montana-samara-cuevas-negras-16175141>

(8) Right for Montana Samara

(28.26406; -16.70762)

In 900 m, or so, after crossing a large lava flow, go right for Montana Samara at the walks signpost. (5.8 km)



(9) Left and steep downhill

(28.26759; -16.71332)

In 700 m, on a saddle/ridge with wonderful views towards Santiago del Teide and the southern Teno Mountains, go left and steeply downhill. Take care on the initially slippery path. (6.5 km)



(10) Left and down to car-park

(28.26851; -16.72508)

In 1.5 km, go left and down to the Montana Samara car-park that you can see below you. (8.0 km)

N.B.: You may wish to take the obvious detour ahead of you here to ascend Montana Samara immediately above you.



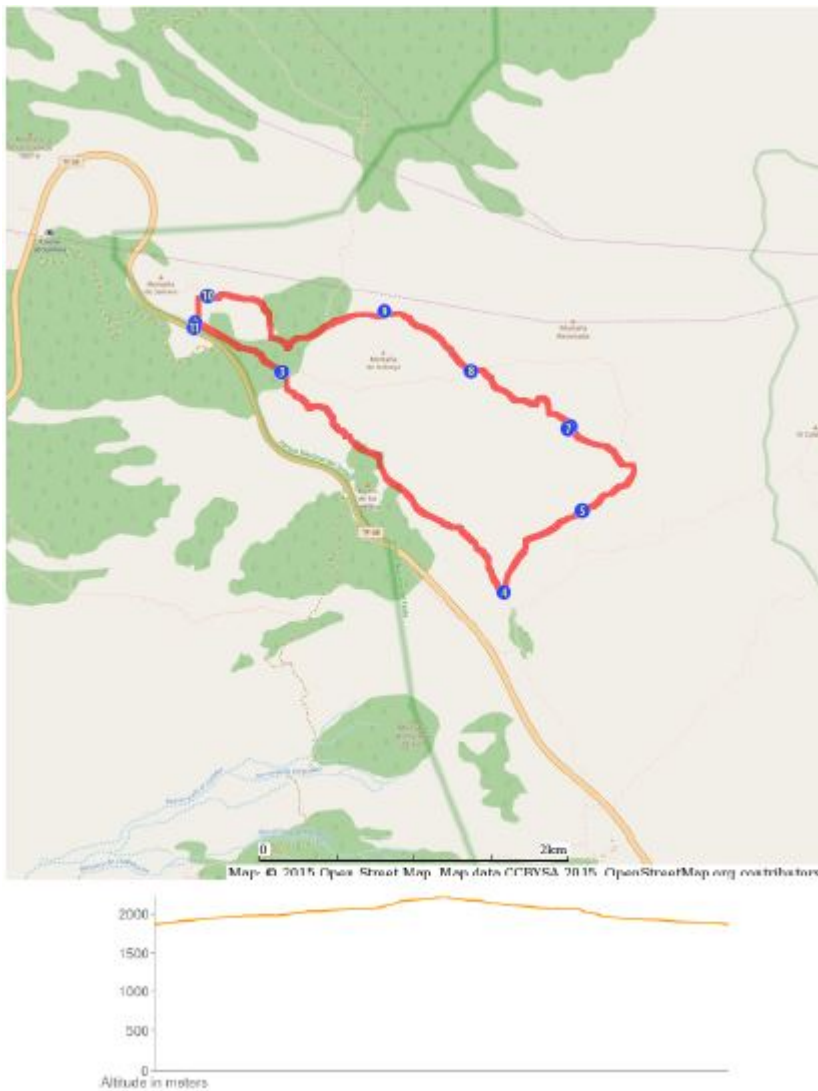
(11) End of walk back at car-park

(28.26662; -16.72595)

In 300 m, or so, you are back at the Montana Samara car-park where you started the walk. (8.3 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](#)