

Tenerife Sur: Short Walks Under 10 km

Arguayo-Ermita Angel-Las Cabezadas Circular (Santiago del Teide)

Route Summary

Although not long, this route provides marvellous viewpoints on the initial ascent of twin-peaked La Hoya. After visiting a little ermita, the 2nd half of the walk ascends on old lava flows to the pines. The return is notable for the terraced tiers of former farm-land and "eras".

Duration: 3 hours



Route Overview

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Transport/Parking: Titsa 461/462 from Santiago del Teide. Easy parking in Arguayo near the start/end point at the football stadium.

Length: 5.100 km / 3.19 mi

Height Gain: 285 meter

Height Loss: 285 meter

Max Height: 1180 meter

Min Height: 946 meter

Surface: Very rough.

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

Difficulty: Moderate.

Dog Friendly: Yes.

Refreshments: Bar Tropic I and El Unico Bar on Carretera General in Arguayo.



Description

In only just over 5 km this little hike has all the elements of a classic hill walk in southern Tenerife, especially in springtime when there are so many wild flowers to enjoy along the way. The route soon leaves the small town of Arguayo behind as you start to ascend the fortress-like mass of the La Hoya mountain that towers over the TF-1 autopista at the El Bicho tunnels. As you climb to the saddle between the twin peaks, marvellous views start to unfold of Arguayo, along the West of the island, and of Teide and Pico Viejo. Crossing the saddle, there are then "wow-spectacular" views of the Teno Mountains and the Santiago del Teide area. Traversing the verdant and flower-carpeted hillside on a lofty (but safe) path we encounter the tiny white chapel (ermita) of Santo Angel de Guardia where, again, there are particularly fine views of El Teide. The second half of the walk then ascends on old lava flows to the shimmering pine forest, with Teide slipping in and out of view as you progress. The descent back to Arguayo is notable for the remarkable terraced tiers of former farm-land, and threshing circles, now long abandoned. Here, our imagination is fired by visions of hard but productive labour in years gone by.



Waypoints

(1) Start outside Arguayo football stadium

(28.27141; -16.80536)

We start the walk outside the Arguayo football stadium on the Carretera General. From the gates to the stadium walk uphill a little to just past the sign for Arguayo.



(2) Left onto rough road by Arguayo sign

(28.27132; -16.80490)

In less than 50 m, go left onto the rough road just past the Arguayo sign. Continue following this rough road that gives access to the masts at the top of the La Hoya hilltop, ignoring any turn-offs for left or right. (48 m)



(3) Right and up onto rough path

(28.27452; -16.80706)

In 675 m look out for a path marked by a small cairn on your right. Go right and up onto this rough path. The path will take you up to a saddle area between the twin peaks of La Hoya. Keep following the path, with views of the Teno Mountains and the Santiago del Teide area until you eventually reach the little white chapel (ermita). (723 m)



(4) Past the Ermita and down to the road

(28.27871; -16.80172)

After almost 800 m pass the Ermita Santo Angel de la Guarda and go down to the main road between Las Manchas and Arguayo, the TF-375. At the road, cross with care onto the verge and go right to follow the road for just less than 200 m. (1.5 km)



(5) Left across rough ground

(28.27771; -16.80152)

In 200 m, or so, from the Ermita leave the roadside and go left across some rough ground towards a boundary fence. (1.7 km)



(6) Left and uphill

(28.27725; -16.80081)

In 100 m, or so, at the boundary fence, go left to take the rough road gently uphill. Soon, the road becomes a rough and stony path. Carry on up this path. (1.8 km)



(7) Veer right onto path

(28.27981; -16.79510)

After 600 m ascent, look out for a path heading out to your right. Veer right to now follow this path as it continues to cross volcanic lava towards the pine trees. (2.4 km)



(8) Sharp right at white post

(28.27923; -16.79213)

In 300 m, or so, walking uphill amongst the pine trees, go sharp right at a white post. (2.7 km)



(9) Sharp right again

(28.27186; -16.79601)

After 1.1 km, descending towards a wall, divert from the green/white marked path you are on (which goes left here) by turning sharp right, walking along an old terrace. Keep following the path as it soon passes a ruined finca on your right and then starts to descend in the direction of Arguayo. (3.8 km)



(10) Across era and down path

(28.27309; -16.79942)

In 400 m, or so, now descending the hillside with a stone wall on your right and abandoned terraces on your left, follow the path to a large era (threshing circle) on your left side. Cross the era and follow the indistinct path down to the smaller era, below. Pass this era on the left (with the era on your right shoulder), again taking the indistinct and slightly overgrown path, looking out for an obvious cave, very soon, on your right. (4.2 km)



(11) Veer left and down at cave

(28.27268; -16.79985)

In just 100 m, or so, from the first era veer left and slightly downhill at a cave on your right (presumably used for storage in previous times). Now keep following this rough path through the lava field back in the direction of Arguayo. (4.3 km)



(12) Right along Calle Candelaria

(28.27030; -16.80528)

In about 700 m, you have arrived at the outskirts of Arguayo where you will turn right along Calle Candelaria, with the large sports centre building on your left side. This will take you to the Carretera General main road and football stadium where you started the walk. Cross the road with care! (5.1 km)



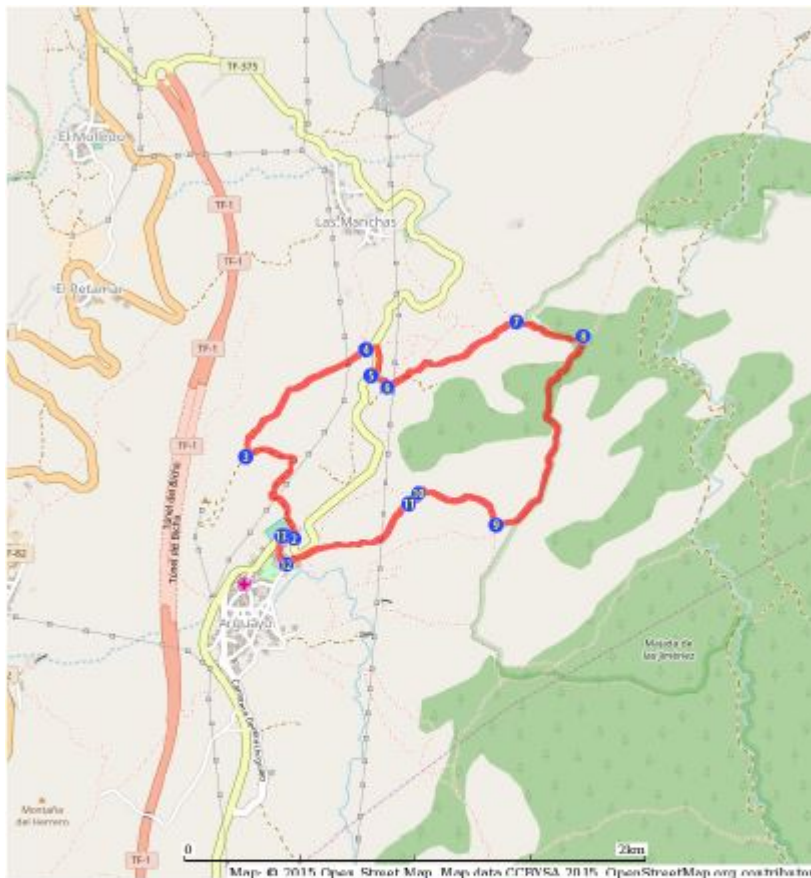
(13) Finish outside Arguayo football stadium

(28.27142; -16.80546)

In just over 100 m you will have arrived at the Carretera General and football stadium. Cross the road with care to finish the walk where you started it. (5.1 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](#)