

# Tenerife Sur: Short Walks Under 10 km

## La Jaca-La Listada-Abades Return (Arico)

### Route Summary

On a bright day there are great coastal and mountain views on this "there and back" route from little known east-coast settlement of La Jaca to the popular seaside town of Abades. The paths can be very rough and the steep ups and downs, in places, are a test of stamina.

Duration: 4 hours



### Route Overview

**Duration:** 4 hours.

**Transport/Parking:** Titsa 111 from Los Cristianos to Tajao bus-stop, then 1 hour walk to La Jaca. Easy parking on streets in La Jaca near start of walk.

**Length:** 9.180 km / 5.74 mi

**Height Gain:** 201 meter

**Height Loss:** 201 meter

**Max Height:** 35 meter

**Min Height:** 0 meter

**Surface:** Much of this route is on very rough and stony paths with high steps to negotiate. Could be more tiring than you anticipate.

**Child Friendly:** Yes. Only if children are used to an "up and down" hike of this distance on very rough surfaces.

**Difficulty:** Hard.

**Dog Friendly:** Yes. If they can cope with very rough paths.

**Refreshments:** Options in Abades and La Jaca.



### Description

This strenuous walk on the south-east coast is mostly on very rough terrain. You are almost guaranteed a bracing wind in your face on the outward leg, and accompanying choppy seas. The walk closely follows the coastline, making for some ups and downs as your height above sea level changes, sometimes abruptly, as you traverse small ravines. The highlight of the walk is the stony beach, wonderful bay and cliffs at the Ensenada (and Montaña) de Abades. Abades, itself, has a pretty sandy beach and a number of bars and restaurants. To visit the abandoned leper colony buildings on the northern edge of the settlement would add at least 1.5 km to the walk. In addition to the fine coastal views there are good views up to the mountains on the east side of the island. Be aware that the very rough terrain is hard on the legs and makes the walk seem longer than the recorded distance of just over 9 km. On that basis, in our terms, we have graded this walk as "Hard".



## Waypoints

### (1) Start walk above Playa de la Jaca

(28.12066; -16.46252)

Start the walk in L Jaca at the corner of Avenida Maritima nearest to the Playa de la Jaca. From here walk in the direction of the sea towards the stone sculpture.



### (2) Stone monument

(28.12028; -16.46216)

In around 50 m you are at the stone sculpture. After taking in the views, cut across behind the small sports pitch, heading north for the Las Listada end of the Avenida Maritima. (55 m)



### (3) Left and up, then right at end of Av Maritima

(28.12112; -16.46191)

In 100 m, at the northern corner of Avenida Maritima turn left, walk up the street a short way then take the rough track across the barranco to enter La Listada where you should make your way to the church on Avenida Maritima (the La Listada version). (159 m)



### (4) Straight onto rough ground after La Listada church

(28.12253; -16.46033)

In about 400 m, after passing the La Listada church go straight onto the rough ground and veer right to find the path nearest to the cliff-top and shore. Keep following this path along the coast. (561 m)



### (5) Straight on for nearest wind turbine

(28.12527; -16.45636)

In about 540 m, as the cliffs increase in height, follow the path along the cliff-top as it rises up. (1.1 km)



### (6) Veer left here

(28.12593; -16.45434)

In about 300 m, veer slightly left to follow the indistinct path in the general direction of the wind turbine (of the set of 3) that is nearest to the coast. (1.4 km)



### (7) Veer left again

(28.12607; -16.45419)

In a just over 20 m veer left again and follow the rough track towards the nearest wind turbine. (1.4 km)



### (8) Veer right

(28.12635; -16.45422)

In just over 30 m, veer right to follow a path heading towards the wind turbine nearest the sea. (1.4 km)



### (9) Veer right off road up here

(28.12766; -16.45337)

In 200 m, or so, where the track you are following meets a rough road, quickly leave the rough road to veer right and up a slope (there may be 2 stones on the brow of the slope marking the route). Once up the slope, veer right towards the sea across a flat area of ground and towards a cairn by a partial gap on a dry stone wall. (1.4 km)



### (10) Over break in wall and down

(28.12774; -16.45265)

In about 100 m, reaching the partial gap in the stone wall (with stone cairn above), cross through the gap, veer slightly right and start descending down the steep hillside. Once at the bottom of the slope, with farmed terraces on your left, start ascending upwards again, keeping the sea-side on your right shoulder. (1.7 km)



### (11) Straight on following path

(28.12834; -16.45103)

In 200 m, reaching level ground again, pass the end of a rough road and follow the path straight ahead, marked by stones on either side, and parallel with the sea. Keep following this path, which eventually joins a rough road for 900 m, or so. (1.9 km)



### (12) Down towards stony beach

(28.13573; -16.44877)

In 900 m, having joined a rough road that rounds a headland above the bay called "Ensenada de Abades", looking towards the impressive rocky cliff-top of Montaña de Abades, go right and down after a concrete structure on your right towards the stony beach (there may be a couple of abandoned camper vans just above the beach). Continue walking along the coast towards the Montaña de Abades. (2.8 km)



### (13) Follow path around base of Montaña t de Abades

(28.13540; -16.44544)

In 500 m, reaching the Montana de Abades, follow the path around the base of the hillside, heading along the coast towards Abades. Eventually, enter Abades and walk towards the commercial centre above the sandy beach. (3.3 km)



### (14) Abades

(28.14298; -16.43996)

In 1.1 km you will be reached the commercial centre above the beach in Abades. Clearly, you may feel that a refreshment is warranted at this point! When you are ready, re-trace your steps towards the Montana de Abades which you will climb this time around. (4.4 km)



### (15) Up path onto Montaña de Abades

(28.13646; -16.44332)

In 900 m, or so, from the centre of Abades, veer left and up the path that will take you around the cliff-top at the summit of Montana de Abades, with spectacular views. Descend the path at the southern end of the rocky outcrop and re-trace your steps all the way back to La Jaca. (5.3 km)

***N.B. - In places, the path over the top of Montaña de Abades may not suit those with vertigo. In that case, don't climb the hill and re-trace your steps, instead, around the base.***



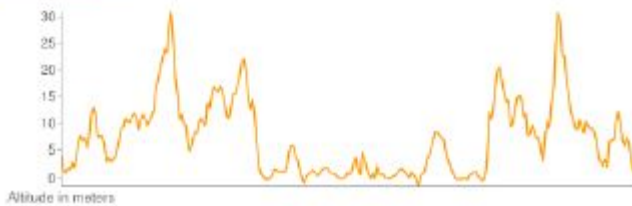
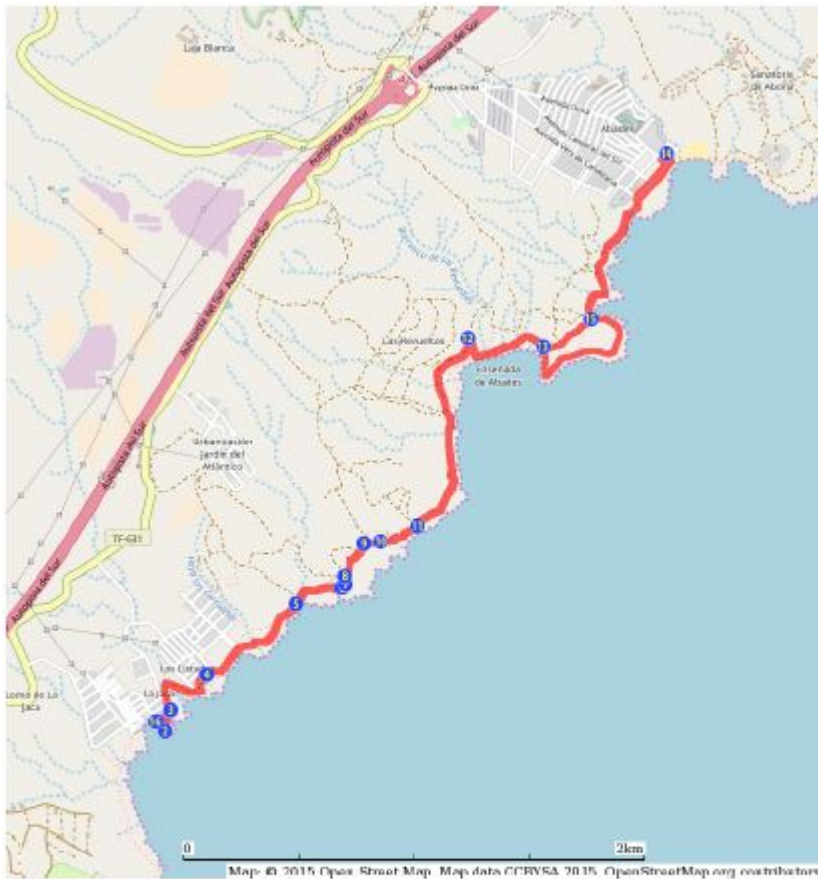
### (16) End walk back at Avenida Maritima La Jaca

(28.12066; -16.46260)

In 3.9 km you will have re-traced your steps back to the start-point at Avenida Maritima in La Jaca. (9.2 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](#)