

Tenerife Sur: Short Walks Under 10 km

Parador-Sanatorio Return (National Park)

Route Summary

Mostly on rough roads, with easy ascents and descents, this return walk provides fascinating and often awe-inspiring landscapes in all directions. At the mid-point we visit the closed-up and intriguing El Sanatorio buildings hidden away in the middle of the National Park.

Duration: 3 hours



Route Overview

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Transport/Parking: Titsa 342 from Los Cristianos. One daily service, outward in morning, return in afternoon. Check current schedule for times. Parking by the church near to the Parador.

Length: 9.510 km / 5.94 mi

Height Gain: 216 meter

Height Loss: 216 meter

Max Height: 2214 meter

Min Height: 2131 meter

Surface: Mostly good, on unpaved roads maintained by the National Park authority.

Child Friendly: Yes, but only if children are used to hiking this distance.

Difficulty: Easy.

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

Refreshments: At the Parador's cafe. Not cheap.



Description

Despite just being within our 10 km limit, this walk provides a gentle introduction to walking in the Teide National Park. Setting out from the Parador hotel, the route skirts the southern end of the Caldera rim, dominated by the bulk and striking cliff-faces of Montaña Guajara. Here there are successions of bold and fascinating rock formations close to the track, with a dizzying array of metallic colours and eroded shapes. Although surrounded by high mountains, your eye cannot help but be drawn to the towering cone of Pico Teide and its close neighbours – Pico Viejo and Montaña Blanca. The turning point of the walk is an intriguing collection of buildings at a mid-point in the volcanic plain between Teide and Guajara. The main set are named El Sanatorio, intended as a location to treat patients with lung problems, but never operational. See the story here - <https://goo.gl/CXBHET>. On the final section of the return leg there are great views down over the Parador to the iconic Roques de Garcia.

This walk follows sections of the National Park routes 4 and 16.



Waypoints

(1) Start the walk at the church at the Parador

(28.22361; -16.62805)

Start the walk at the church near to the Parador. Walk towards the Parador then go right at the mini-roundabout towards the walks signs and information board.



(2) Start of 7 Canadas trail

(28.22377; -16.62725)

In 100 m, take the path, which is signposted for the 7 (Seite) Canadas route. The mass of Montana Guajara looms high above, ahead of you and slightly on your left side. (100 m)



(3) Left for El Portillo

(28.22067; -16.62233)

After about 700 m on the path from the Parador, turn left onto the rough road, following the signs for the National Park Walk 4 ('Seite Canadas). (807 m)



(4) Left for El Sanatorio

(28.22442; -16.60860)

In 2.5 km, passing many spectacular rock formations, turn sharp left onto the rough road marked as Walk 16 - for El Sanatorio. (3.3 km)



(5) Carry on walking on the main track

(28.22741; -16.61029)

In another 400 m, a track veers off to the left which you ignore. Continue following the rough road, route 16, as it veers to your right. (3.7 km)



(6) Left here

(28.23331; -16.60700)

After another 900 m, take a left turn towards the low-roofed buildings you can now see on your left. (4.6 km)



(7) Finca

(28.23394; -16.60699)

In just 100 m, or so, you are amongst old buildings that may have been a finca used by farmers before goat-keeping and other agricultural activities were stopped within the National Park. When you are ready, re-trace your steps to the rough road and turn right very briefly. (4.7 km)



(8) Right into Sanatorio area

(28.23339; -16.60721)

In about 100 m from the finca buildings, go right off the rough road toward a low wall of stones blocking the old entrance to the 'El Sanatorio' buildings. Take the path on your left side, heading towards the peak of Teide. (4.8 km)



(9) Veer right then sharp left

(28.23356; -16.60729)

Almost immediately after taking the path, veer right then sharp left to approach the collection of Sanatorio buildings. (4.8 km)



(10) Leave on south track

(28.23383; -16.60742)

Once you have taken in the unusual scene of the sanatorium buildings that, apparently, never operated as such, leave on the south track, with Teide on your right shoulder. (4.85 km)

Link to info about El Sanatorio: <https://goo.gl/CXBHET>



(11) Right onto road

(28.23342; -16.60805)

In 100 m, you will emerge at the rough road where you turn right. Within a few metres you will be veering off the road to take a track on your right. (4.95 km)



(12) Veer right off road

(28.23303; -16.60827)

In less than 50 m from joining the road, veer right and follow the track. (5.0 km)



(13) Casa

(28.23228; -16.60938)

In around 100 m, you will arrive at a closed up house, apparently well-maintained. (5.1 km)



(14) Leave casa by route on left

(28.23207; -16.60949)

Leave the casa by the route on your left as you face Montana Guajara. This path is indistinct in places but consistently veers little to your left heading back to the road in about 200 m. Near the road the path has been littered with boulders. (5.1 km)



(15) Right when you reach road

(28.23156; -16.60822)

In 200 m, at the road, turn right and continue on, now re-tracing your steps from the outward journey. (5.3 km)



(16) Right and re-trace steps

(28.22445; -16.60871)

In another 900 m you have arrived back at the t-junction with Route 4, the Seite Canadas trail. Turn right here to continue re-tracing your steps on your return to the Parador. (6.2 km)



(17) Right back to Parador

(28.22072; -16.62224)

In 2.5 km, turn right off the rough road to take the path back to the Parador. (8.7 km)



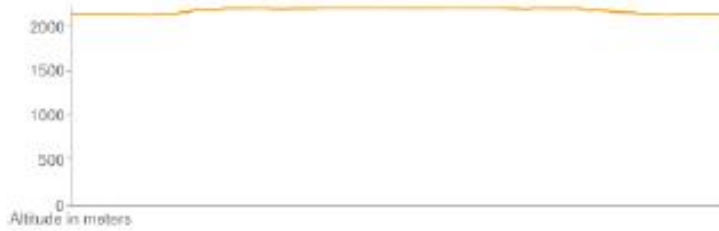
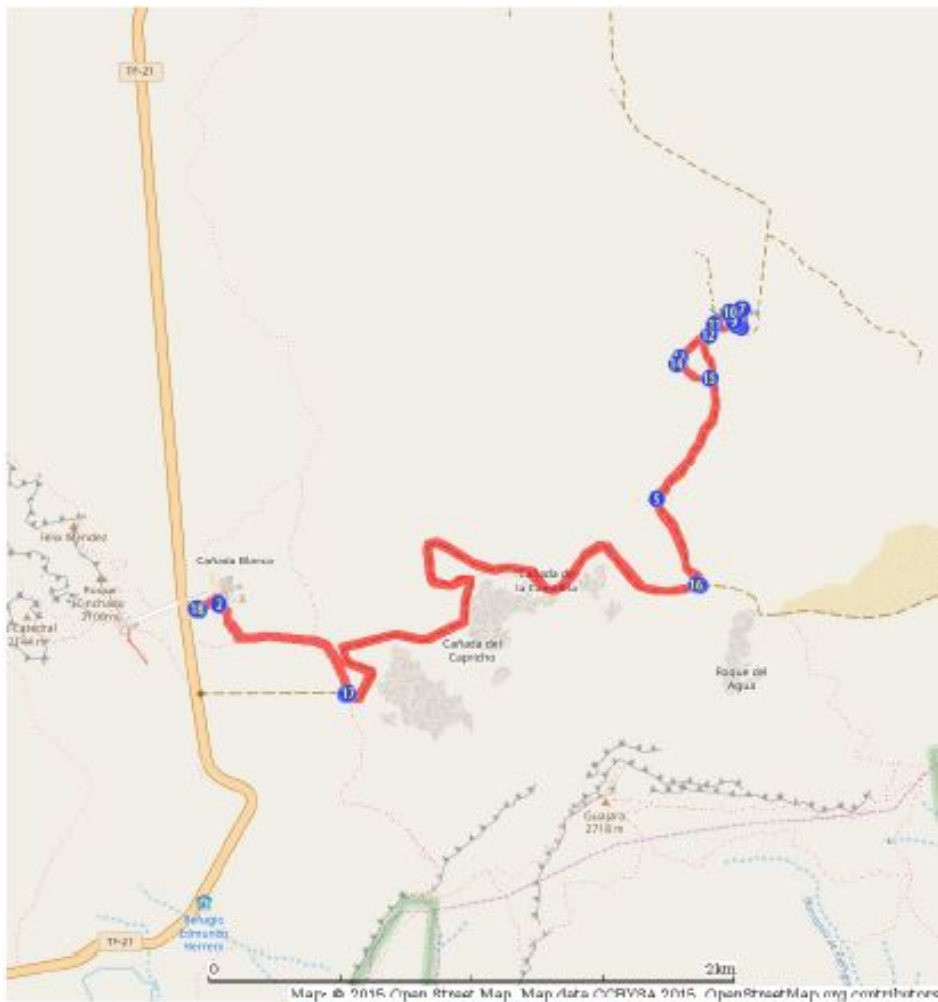
(18) Finish back at church

(28.22363; -16.62812)

In 800 m you will have returned to your start point at the church near the Parador. (9.5 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](#)