

Tenerife Sur: Short Walks Under 10 km

Mirador Narices del Teide-Easy Tajinaste Trail (National Park)

Route Summary

This easy walk provides an excellent opportunity to see the beautiful Tajinaste Rojo, the flowering plant that is emblematic of Tenerife. There are wonderful mountain views of Teide, Pico Viejo, the Narices del Teide, and the peaks at the western side of the Teide Caldera.

Duration: 2 hours



Route Overview

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

Length: 4.780 km / 2.99 mi

Height Gain: 139 meter

Height Loss: 139 meter

Max Height: 2088 meter

Min Height: 2064 meter

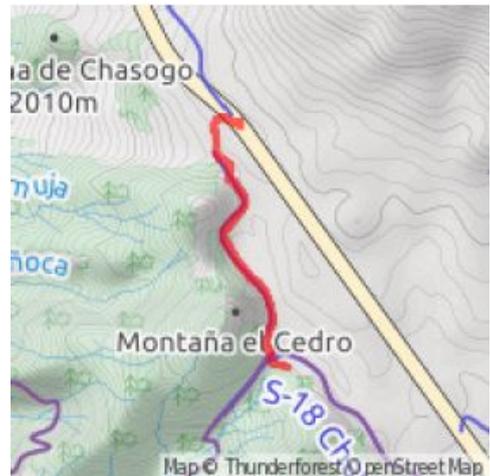
Surface: Rough. This route is partly on rough paths, partly on smoother, but uneven, National Park roads

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

Difficulty: Easy.

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

The route followed on this walk provides an excellent opportunity to view the wonderful Tajinaste Rojo (Echium Wildpretii, or Mount Teide Bugloss) with its myriad of red flowers. It can grow to 3 m in height, and blooms from late spring to early summer in only the highest areas of Tenerife. Mid-May to Mid-June is the optimum time to see the Tajinaste plants in full flower. This is an easy little hike that is suitable for walkers of all abilities. The distance is less than 5 km and you will hardly register the overall ascent of 139 m because of the gentle ups and downs along the way. 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. Although there are wonderful mountain views throughout the walk, the mid-point, between Mt Chavao and Mt Cedro, is an excellent viewpoint for Mt Teide, Pico Viejo, Narices del Teide, and the peaks at this western side of the Teide Caldera. Turning in the opposite direction, towards the south-western coast you are looking down the pine-forested Boca Chavao ravine. Often you will see the "Mar de Nubes" (sea of clouds) below you. Optionally, the walk may be extended, as far as the Juan Evora Ethnographic Museum at Boca Tauce, if desired (see information at Waypoint 4).



Waypoints

(1) Start walk at Narices del Teide mirador

(28.23833; -16.69814)

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. 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 sign for Museo Juan Evora

(28.23345; -16.69799)

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. (918 m)



(3) Left and up to Boca Chavao viewpoint

(28.22296; -16.69603)

In another 1.4 km, or so, go left after the walks signs to ascend the hillside. (2.3 km)



(4) Re-trace steps from Chavao viewpoint

(28.22249; -16.69482)

The short ascent (100 m, or so) takes you to an excellent viewpoint for Teide, Pico Viejo, Narices del Teide, and the peaks at this western side of the Teide Caldera. Turning in the opposite direction, towards the south-western coast you are looking down the pine-forested Boca Chavao ravine. Often you will see the "Mar de Nubes" (sea of clouds) below you. When you are ready, descend from the viewpoint and re-trace your steps back to the start-point at the Narices del Teide car-park and mirador. (2.4km)



Note: you have options to continue the walk rather than re-trace your steps at this point:

Option 1: continue on in the direction of Boca Tauce, following the signed direction on the green signpost. If you continue to the point where you enter the lava field and return from there, this adds 1.35 km, there and back, to the walk distance.

Option 2: continue on in the direction of Boca Tauce, following the signed direction on the green signpost. If you continue to the Juan Evora museum at Boca Tauce and return from there, this adds 4.4 km, there and back, to the walk distance.

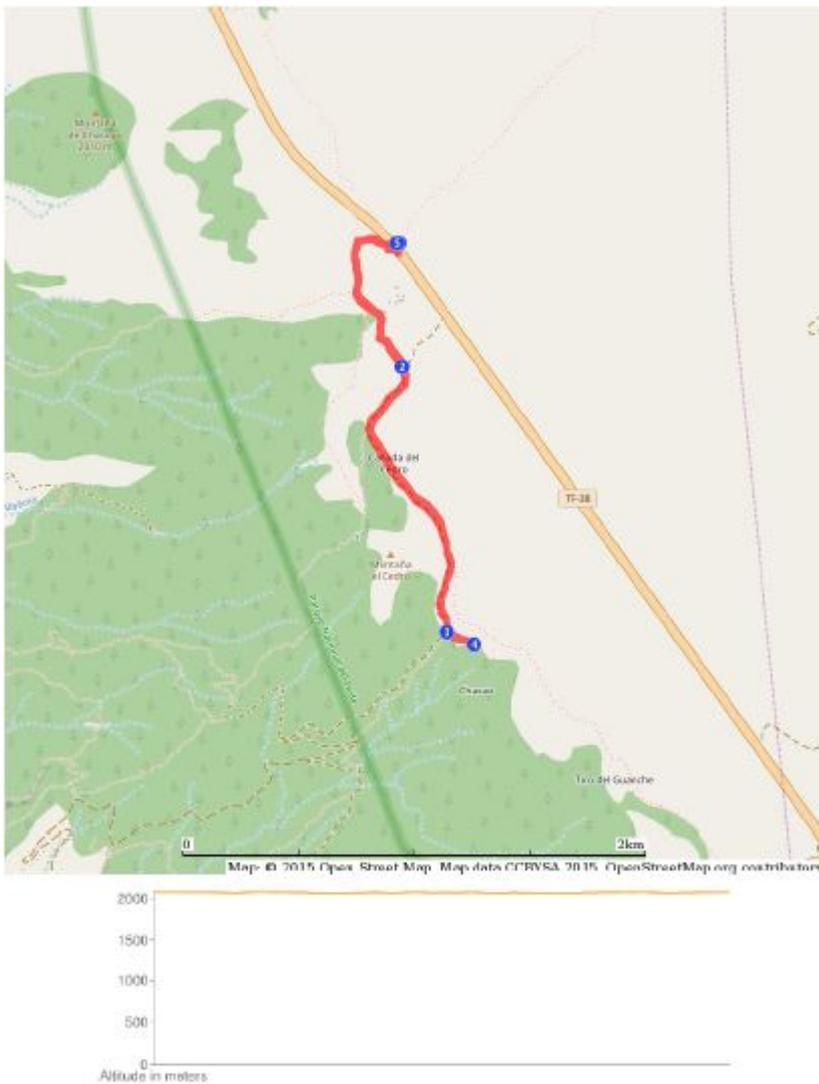
(5) Finish walk back at Narices del Teide mirador

(28.23831; -16.69821)

In 2.4 km from the viewpoint at Boca Chavao (Waypoint 4) you will have re-traced your steps back to the Narices del Teide carpark and viewpoint where you finish the walk. (4.8 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](#)