384 metres ascent and descent.

From the bus stop, head SE along Calle del Campo.
Turn left, NE, into Calle Chajajo.
Go straight over the crossroads into Calle Almacigo and drop down into the ravine.
Head past the car park along Calle Dom Manuel Gorillo.
At the T junction, turn left, NE, along Calle las Britas.
Ignore the footpath left, and head through what looks like a private front yard.
The footpath signposts are just after this yard.
Head roughly east along the lava rocky path for about 500 metres.
At more signposts head downhill, south, for 70 metres.
Double back onto a footpath, east. Don't use the access road to the farm.
The footpath climbs and swings NE.
At vineyards, zig zag past the terraces and head north towards Chirche.
Cross the ravine, dangerous in rare flash floods and head up to the road.
In the village, head left on the tarmac road.
At the third side road, for an easier walk, head down on the main road back to Guia de Isora.
For a more attractive descent, turn right, NW, up Calle el Roquillo.
After 500 metres, turn left, SW.
The path joins pipes leading down to the water works.
Follow the pipes, SW, all the way down.
There is one little used stretch but the overgrown path was passable with care.
The path opens out onto a wider concrete and stone road which joins the main road down.
Head down into Guia de Isora, keeping right and downhill to reach the bus stop.
The map shows an optional alternative way down for variety.