There are five coast walks in this guide. This one is longer and very attractive. The parallel water pipes were making wonderful noises. There is one leg on the TF-454 which needs extra care. Avoid busy times.

Catch the 493 or 494 bus (via Piedra Hincada) from Guia de Isora to Los Gigantes. The 494 at 07:35 is good. The walk starts after the school run but before all the tourists are out in their hire cars. The bus will be full of kids going to school though.

From the terminus in Los Gigantes, head uphill and zigzag out of the town on the main road to Tamaimo. Most of the time, there's a verge where walkers can dodge the traffic. Try to avoid busy times.

Turn right off the TF-454 and dip down onto Calle la Caldera, east and soon south uphill again.
Follow this lane through the banana plantations.
There are not many branches off this quiet road so the map should be easy to follow.
Eventually the lane joins the busier TF-82. Head SE to the TF-1.
Cross the TF-1 using the roundabouts and over-bridges.
Continue SE along the TF-82.
About 100 metres from the second roundabout, turn right, south, onto a dead end road (for cars).
Follow this to the end of the tarmac and then continue on the footpath.
Head roughly south through Chio.
Once you reach Calle Tomateros, look for a left turn, SE into Calle Simon Bolivar.
This road soon reverts to the footpath. Don't re-cross the TF-1.
The path drops down into a ravine and another footpath crosses.
The crossing path leads down under the TF-1 and up into Chio.
Follow the footpath, east and soon SE, all the way to Guia de Isora.
Later it's wide enough for vehicles.
Finally you have a short leg on the TF-82, SE.
After 300 metres you can escape onto a quiet parallel road.
There was a bar/restaurant that looked nice on the this parallel road.
Back in Guia de Isora, head back to the bus stop.
If you set out at 07:35, it should be time for lunch when you arrive.