In this guide, there are five routes between Guia and the coast. This is perhaps the least nice of the five. The quiet lane was not all that quiet.

Walk down and catch the 493 or 494 bus back to Guia de Isora.

The intention was to add a mile or two extra and catch the bus in San Juan but the “Calima” wind was so strong that the coastal cliff top path was out of the question on this day. The photos show foul weather. It was bone dry, very windy and the fog was dust (bruma seco). In better weather this could be attempted without instructions or a map. Just follow the coastal path SE. The bus stop in San Juan is on the sea front road.

From Guia de Isora the bus station, head west along the main road.
Then first right, uphill, Calle Cantos Canarias.
Turn first left, west, along Guarpa.
Turn left and right into Calle la Vera, NW.
Head past the church square, then NW along Calle Arriba.
Continue NW along Calle Campo. Continue NW along Avenida da la Constitucion.
Continue NW along a dirt road.
Bear left off the road onto a footpath, NW.
Head uphill to a T junction and turn left, SW, downhill to the TF-82.
With a slight kink, cross the TF-82 and continue SW, downhill, along the same path.
At a T junction, turn right, NW, along a farm access road. Follow this to Chio.
Near Chio, don’t climb up to the church. Stay on the lower path nearer the TF-1.
Head NW and north to a tarmac road, Calle los Tomateros.
Turn left, SW, and head downhill across the TF-1.
Follow the loop right and then left, then head SW and soon SE.
The road goes SW again then loops left, SE, and later SW.
At a significant junction, almost double back and head left, east, soon SE.
An electricity substation is visible ahead.
After 230 metres turn right, west, along The Pista de Alzola.
Follow this down to the coast ignoring dead end side turnings.
Cross the main coast road and head into Alcala, SW, down to the coast.
Follow roads and footpaths south, staying close to the shore line.
It’s possible to go all the way to San Juan in good weather.
On this day it was so windy that dust and flying debris made the coast unsafe and unpleasant.
A good picnic spot is nearby with shelter.
Re-cross the main coast road at the south end of Alcala and head east up Calle Cumbrita.
120 metres up this road is a chapel with seats and shelter from the wind.
The bus stop is on the main coast road near the southern end of the town.
The 493 or 494 bus will head SE to get back to Guia de Isora.