Waveney Ramblers Guia de Isora 0 Tenerife - Guia de Isora

Track: GPX for SatNav Various Miles Updated: 2020-02-09

Guia de Isora is a small town, off the main tourist track. The town is 2000 feet above sea level. The time zone is GMT or BST. As it's 16 degrees west, astronomical noon in winter is at 13:15. Dawn and dusk are over an hour late too.

As a walking base, it has many advantages. Downhill walks go into farm land, vineyards and banana plantations and eventually to the coast. These walks are mainly on quiet tarmac lanes. Uphill walks reach the pine forests and the cloud layer at 4000 feet. There are lots of old donkey tracks with lava stone walls on each side as well as quiet gravel and tarmac lanes. Several of the walks logged here include shorter versions for the less fit. Other than ambling round the town, all the walks all have significant climbs or drops. It's hard to do a walk with less than 1000 feet ascent or descent.

There is a useful bus service which greatly extends the walking possibilities. There are buses to the main resorts of Los Gigantes and Costa Adeje. Two routes go up to Santiago del Teide where there are yet more walks. The bus to Vera de Erques adds another option.

A hand-held GPS or mobile phone app is recommended. Even with the satnav, I took wrong turnings but these became evident after a few tens of metres. There is a lot of scope for getting lost in the hills, especially in the fog zone above 4000 feet when it's easy to get disoriented. Most of the footpaths are dead ends leading to agricultural terraces. Finding a way through by chance is unlikely.

All the walks in this guide have been shared on Wikiloc. They have a free app for iPhone and Android. The walks were recorded on a Garmin eTrex-20. The track logs are available from this website as GPX which is compatible with Garmin devices. Also as KML for use with the free Google Earth Desktop Pro' which works on PC, Mac and Linux. Garmin devices work better then phone apps. If the phone loses signal, you may be doomed. And the Garmin GPS is mostly more accurate too. Loss of GPS satellite signals is rare. Many of the paths are way-marked but most of these walks soon deviate off the way-marked trails.

The maps in this guide come from OpenStreetMap and are copyrighted under a creative commons licence.

DISCLAIMER: You are responsible for your own safety.

RISKS: Fog at altitude. Calima Sahara desert irritant dust. Rocky paths. Steep drops. Traffic on roads. Errors in the logs. GPS failure. Please take care to stay safe. These walks are a record of what I did. That does not mean these routes will be safe or legal in the future. At the time of recording I was 66 years old and could safely have lost a stone or two. Younger, fitter, thinner walkers should find these routes easy enough and even combine walks for a longer day out. The risk that frightened me most was road traffic!

MAPS: OpenStreetMap has most of the roads and footpaths in the area. These are uploaded by the community and it's a fantastic resource. I spent a few days logging dead end paths to save the community from wasted effort. I've added missing features too. These maps are superior to Google and Bing due to the crowd-source effort.

WEATHER: Check Google for atmospheric dust forecasts. Saharan dust is sometimes blown in and these conditions are not ideal for the most strenuous walks. Some people react badly to this weather.

ACCOMMODATION: I stayed at 1 Calle Campo, Apartment Teide 3 https://www.airbnb.co.uk/rooms/10657565 There are three airbnb apartments in this building if a larger group would like to visit.

Please support rambling and the countryside.	Join the Ramblers at	https://www.ramblers.org.uk/
Disclaimers and Copyrights © 2026	Waveney and District Ramblers Group	http://waveneyramblers.org.uk/
Sketch maps, not to scale	Crown Copyright	http://waveneyramblers.org.uk/
OpenStreetMap	https://creativecommons.org/licenses/by-sa/2.0/	https://www.openstreetmap.org/
Corrections:	Please mail Neil at nbauers@btinternet.com or Facebook	https://www.facebook.com/nbauers/

Waveney Ramblers Guia de Isora 0 Tenerife - Guia de Isora Various Miles

