Waveney Ramblers Guia de Isora 0 Rural Rambles - GuÃ-a de Isora, Tenerife

Track: GPX for SatNav Various Miles Updated: 2020-01-09

The earlier walks in this collection descend on tarmac instead of the rocky paths. This is to save wear and tear on knees accustomed to walking on flat terrain. The later walks are harder. There are three respite walks, 100% on tarmac lanes if your knees need some recovery time. And some variety is good too. Many walks are circular starting from Guia de Isora. The rest use a bus to head out and the walk returns to Guia de Isora.

For residents near Los Gigantes, walks 4, 8, 10, 17 and 23 could be reversed and walks 14 and 19 could be modified. Get a bus up to Guia de Isora, Tamiamo, Santiago del Teide or Valle de Arriba and walk back to the resort. These walks would be mostly downhill with superb views of the coast. Combine walks 14 and 8 for the greatest variety with lava flows, pine woods, galerias (water mines) and lowland farms and banana plantations. Walks 19 and 17 could be combined. Use bus routes 325, 462, 493 and 494.

You'd need a 3 or 4 week visit to do all these walks. For a shorter trip some walks stand out. Walks 13, 14 and 17 are particularly good if you are fit enough. Walk 23 was not so good, on lanes with a bit too much traffic.

1 2.0 miles. Walk around the town on roads with 100 metres of ascent and descent.
2 2.5 or 4 miles. Walk to Aripe and Chirche with a 200 or 300 metres climb on rocky paths. Descend on tarmac.
3 6.5 miles. 657 metres up on rocky paths. Return on rocky paths, then tarmac.
4 6.5 miles. Bus + Walk on tarmac climbing 722 metres and descending 189 metres.
5 4.0 miles. 384 metres ascent and descent. A walk to Chirche mostly avoiding tarmac.
6 6 to 8 miles. 590 to 880 metres ascent and descent. Rocky ridge paths east of Guia de Isora.
7 7.5 miles. 570 metres up and down. North from Guia de Isora to Chio and Chiguergue. Paths and tarmac.
8 8.0 miles. 830 m up and 230 m down. A climb on tarmac then a fairly level walk on paths and dirt roads.
9 3.6 miles. 280 metres up and down. A circular walk to Aripe ascending on a different path.
10 7.0 miles. 680 m up and 140 m down. Walk on along the coast then on lanes, some steep near Guia de Isora.
11 10 miles. 873 metres up and down. This is quite strenuous. Walk to Chio, then up to a galeria and down to Aripe.
12 2 to 5 miles. Up to 440 metres up and down. Walk to El Pozo and El Jaral. There is an avoidable steep path.
13 8.3 miles. 777 metres up and down. Strenuous walking up through the pines and down a ridge.
14 10 miles. 450 m up and 850 m down. Lava flows, pine woods, Chio village and a farm track.
15 5.0 miles. 440 m up and down. A longer circular route up to Chirche and back.
16 4.0 miles. 300 metres up and down. Visit Chiguergue and Aripe.
17 10 miles. 1025 m up and 687 down. Great variety but this is long with a lot of climbing.
18 7.0 miles. 630 m up and 895 m down. A very nice walk, steep in a couple of places. Good views.
19 8.3 miles. 420 m up and 740 m down. Climb the hill with the TF-1 in a tunnel underneath.
20 9.0 miles, 360 m up and 840 m down. Not too strenuous. Pine woods. Damp and cool if foggy.
21 10 miles. 1040 metres up and down. Visit a galeria and climb to 1060 metres in the pines. Strenuous.
22 6.5 miles. 330 m up and 810 m down. Pine woods, damp and cool if foggy.
23 9.0 miles. A good farm track then the least pleasant route to the coast on lanes with traffic.
24 7 miles. 600 metres up and down. Visit a galeria above Chirche and return on a different path.

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 Rural Rambles - GuÃ-a de Isora, Tenerife Various Miles











