

COSTA BLANCA MOUNTAIN WALKERS - WALK DESCRIPTION

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Walk description originally prepared by:-	Ralph Phipps
Last Updated	27 th November 2014
Title of Walk	Montana Blanca to summit of Teide
Location of Start (include name of nearest village/town at start of description)	Montana Blanca car park on the TF21 in Las Canadas de Teide.
Key Statistics for walk - Distance in km	11
Key Statistics for walk - Ascent in m	1480
Key Statistics for walk - Walking time and total completion time including any stops	5-5.5hr 7+hr
Key Statistics for walk - Grade (using CBMW system)	VS/C
Grid reference of start point (if known)	Lat:- 28.259516, Long: -16.603262
Directions to Start	From Los Cristianos take the TF28, TF51 and finally TF21 all sign posted to "Teide". Pass the car park for the cable car and continue a few kilometers to the Montan Blanca car park on the LHS. Places are limited.
Short walk description	Possibly the easiest way of ascending the summit of Teide on foot without resource to artificial aids! (cable car). Stupendous mountain scenery reminding us of the power of nature.
Full Walk Description	Elapsed Walking Time/Distance so far
<p>From the car park walk up the broad track to the N at the W end of the parking.</p> <p>At the first small col, turn half L still uphill and then follow the continual zig-zags up to the end of the track. (There are some short cutting footpaths cutting out some of the wide sweeps of the zig-zags, but these are steep and it is better to conserve your energy for the flog which will follow up to the refugio!)</p> <p>Avoid the L turn on a track which sweeps up to the summit of Montana Blanca – an additional option – and at the sign board take to the footpath which starts ascending over rougher terrain steadily upwards.</p> <p>There is nothing for it now but to keep plodding away. Best not to try and rush this section as - like most people – you will feel the affects of the altitude soon enough.</p>	

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There are some sections here where foolhardy people have tried to cut the corners of the footpath, but it is best to seek out the gentler line and stick to it.

Eventually you will be rewarded by the sight of the refuge appearing and soon you can take a rest here. The "lounge" area of this is open from 11am, but the bedrooms do not open until 7pm. If you intend to break up your ascent you **MUST** make a booking for this (<http://www.telefericoteide.com/en/altavista/prices-and-opening-times>) and by leaving early the following day you will not need a summit permit.

Otherwise after resting keep plodding ahead up the steep footpath.

Near to the cable car there is a short diversion off to the RHS and a viewing area, but after this it is only a short distance to the junction where you must turn R to follow the path to the summit rim.

Return the same way and turn R at this junction to reach the cable car and you descent option.

Walk Recommendations or restrictions

An extremely demanding walk with the possibility of altitude sickness.

See not very helpful map below.....!!

Route followed is outlined in Black

