

## **COSTA BLANCA MOUNTAIN WALKERS - WALK DESCRIPTION**

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<b>Walk description originally prepared by:-</b>	Ralph Phipps
<b>Last Updated</b>	18 <sup>th</sup> April 2015
<b>Title of Walk</b>	Teide from Sea to Summit - Ifonche to Vilaflor
<b>Location of Start (include name of nearest village/town at start of description)</b>	Ifonche – a remote hamlet with large bar/restaurant – El Dornajo – situated to the NW of Arona on a minor road (TF567)
<b>Key Statistics for walk - Distance in km</b>	12.4
<b>Key Statistics for walk - Ascent in m</b>	860
<b>Key Statistics for walk - Walking time and total completion time including any stops</b>	3.5hr 5.25hr
<b>Key Statistics for walk - Grade (using CBMW system)</b>	VS/A
<b>Grid reference of start point (if known)</b>	Lat:- 28.134961, Long: -16.689933
<b>Directions to Start</b>	Follow the main Teide road (TF51) up from the coastal resorts of Playa de las Americas and Los Cristianos and turn L past Arona on the TF567 towards Ifonche. Park just beyond the restaurant of El Dornajo.
<b>Short walk description</b>	A delightful ascent through wooded slopes of volcanic rock. The route follows the GR131 which is clearly delineated the whole way.
<b>Full Walk Description</b>	
At the cross roads opposite the restaurant walk N along a tarmac road.	
Ignore all junctions until you reach a finger post where you continue ahead on a footpath down into a barranco.	650m, 8min
Cross this on a clearly delineated footpath and drop into a cross a second barranco before turning to the NNE to work your way up a long ridge in the trees.	
Eventually the barranco off to the R is clearly seen and we drop into this, cross it and begin to drop down the far side (almost parallel to our rising route).	3.6km, 1hr 4min
Soon we turn off L (E) around a spur and drop down towards some farmland below us.	4.5km, 1hr 17min
After walking level for a while we begin to ascend beside terraces to work our way along the W flank of Montana Mohino after which we drop a little to reach a col.	6.8km, 1hr 59min

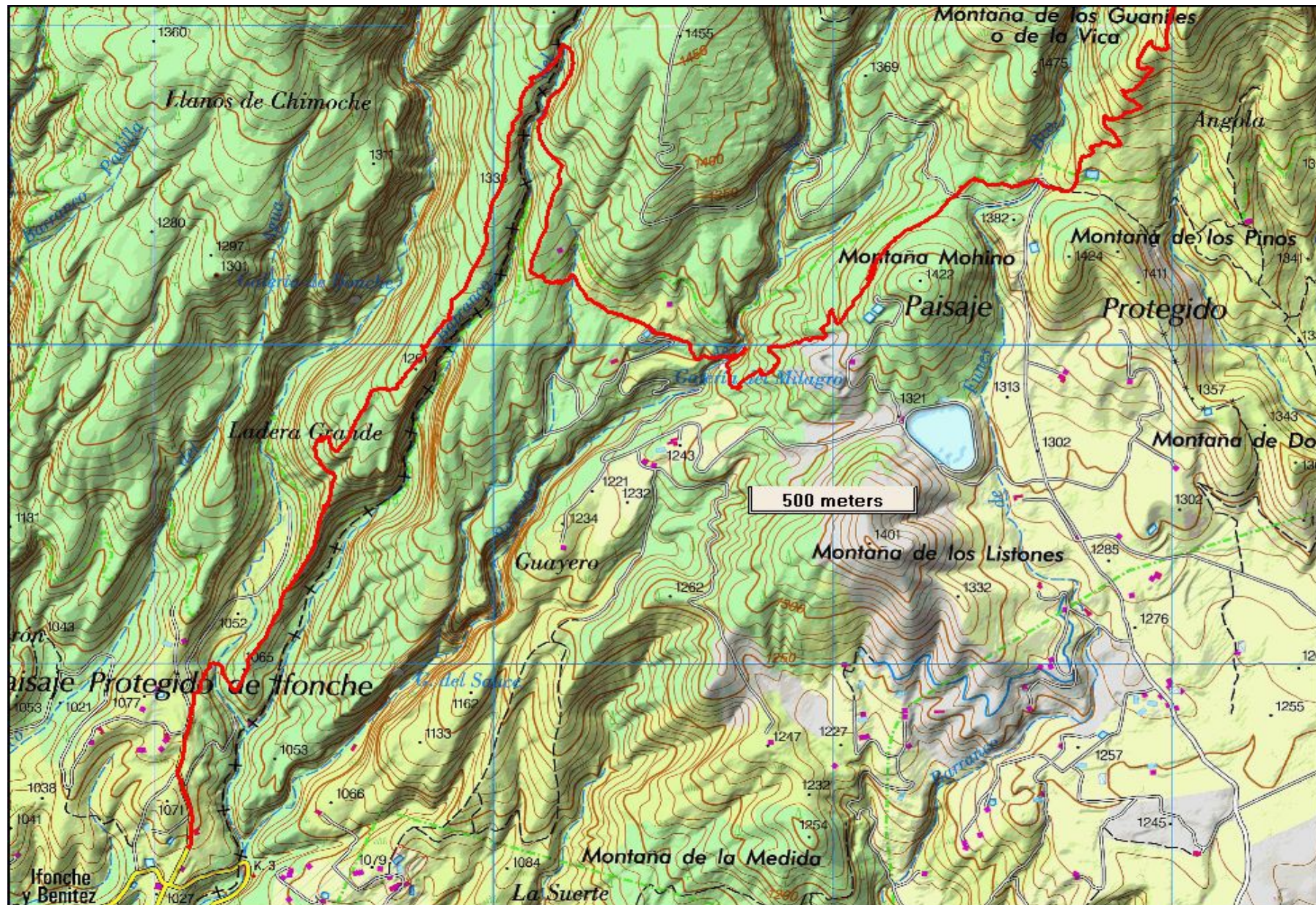
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<p>Here we meet a track and turn R briefly uphill before levelling and swinging slightly L across vague woodland to soon reach the clear track again.</p>	
<p>This crosses a shallow barranco and at the next one we ignore the track continuation which turns sharply around to the R and instead continue ahead up the barranco.</p>	7.1km, 2hr 4min
<p>After a few metres there is a finger post sending us L steeply uphill. Initially we follow a large cluster of water pipes.</p>	
<p>Soon we begin to zig-zag up the hill. Here there are innumerable "short-cut" paths made by mountain bikers. For us walkers the best thing is to follow the path with the gentlest gradient as it zig-zags steadily up the hill.</p>	
<p>We again walk along the flank of a hill – Montana de la Vica – before dropping slightly in among dramatic views and rock scenery.</p>	8.5km, 2hr 32min
<p>As we curve around to the R we meet a water pipe and then across a barranco a track joins us from the L and we continue on this downhill.</p>	
<p>Eventually we reach the hotel Vilalba and at a fork just beyond it turn L downhill.</p>	10.7km, 3hr 6min
<p>When we meet the main road we cross directly ahead, rise briefly and drop to a cross roads where we can turn R to explore the village square.</p>	
<p>At the far side of this is a church (in Calle Castanos) and from here we turn uphill to find the restaurant La Paz on the main road and the bus stop for routes back to the coast.</p>	
<p><b>Walk Recommendations or restrictions</b></p>	<p>Transport to start required. Public buses run from Vilaflor back to the coast.</p>

See map below.....



Route followed is outlined in Red – Stage 1 – work from bottom to top





**Route followed is outlined in Red – Stage 2 – work from bottom to top**

