

COSTA BLANCA MOUNTAIN WALKERS - WALK DESCRIPTION

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Walk description originally prepared by:-	Ralph Phipps
Last Updated	18 th April 2015
Title of Walk	Teide from Sea to Summit - Montana Blanca to Refugio Alta Vista
Location of Start (include name of nearest village/town at start of description)	On the plateau of Las Canadas immediately below the massif of Teide – the highest mountain in Spain!
Key Statistics for walk - Distance in km	7
Key Statistics for walk - Ascent in m	970
Key Statistics for walk - Walking time and total completion time including any stops	2.5hr 4.5hr
Key Statistics for walk - Grade (using CBMW system)	VS/B
Grid reference of start point (if known)	Lat:- 28.259375, Long: -16.603611
Directions to Start	From the coastal resorts to the south follow the TF51 road. Pass the Parador and the Teleferico and a few kilometres after this you reach the Montana Blanca car park on the LHS. Spaces are limited so be prepared to retrace your steps to park either at an intermediate point or at the Teleferico some 2.5km away.
Short walk description	A demanding mountain excursion with views back across Montana Blanca and the “outer” rim of this volcanic plateau.
Full Walk Description	
<p>There is nothing very technical about this ascent which has 2 essential ingredients – a long walk in along a well graded track, followed by a punishing ascent on a bouldery and steep footpath. The refuge remains out of sight until virtually there!</p> <p>Walk up the track in zig-zags to reach a junction where you turn L continuing uphill.</p> <p>Follow a long straight section before embarking on a set of steeper zig-zags which end at a plateau with Teide looming up on your RHS and the viewpoint of Montana Blanca on your LHS and served by a continuation in the track.</p> <p>At this plateau we leave the track (although if you have the energy the walk to Montana Blanca gives great views of Teide) and walk along the footpath to the R and arrive at a large sign board.</p>	
Elapsed Walking Time/Distance so far	
800m, 14min	
4.7km, 1hr 22min	

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Take the rising footpath in zig-zags uphill and continue as it gets steeper and steeper. Where others have taken short cuts it is always better to hunt out the easier and longer zig-zags. Care is needed here to stay on the best line. There are intermittent markers fastened to some of the larger rocks.

Arrive at a small plateau where the refuge is situated.

Advance reservations are essential. The refuge does not open until late in the day and the dormitories are not opened until 7.30pm. There is a vending machine which sells expensive water (not surprisingly since getting it here is quite a challenge!!) Details are available from their website and it is managed by the company that runs the cable car (teleferico)

The use of this refuge is intended solely as a start point for the walk to the summit of Teide the following morning.

The dormitories close at 7.30am and the refuge at 8am.

7km, 2hr 23min

Walk Recommendations or restrictions

Altitude and your ability to cope with thin air will set your pace on this walk. If you experience nausea or sever headache it will be best to go down. The second half of the ascent is on rough footpath where descent is tricky.

See map below.....

Route followed is outlined in Red

