



Ruta 0.4.0

PR-TF 41 Playa de El Socorro-Pico del Teide

Lomo el Boliche



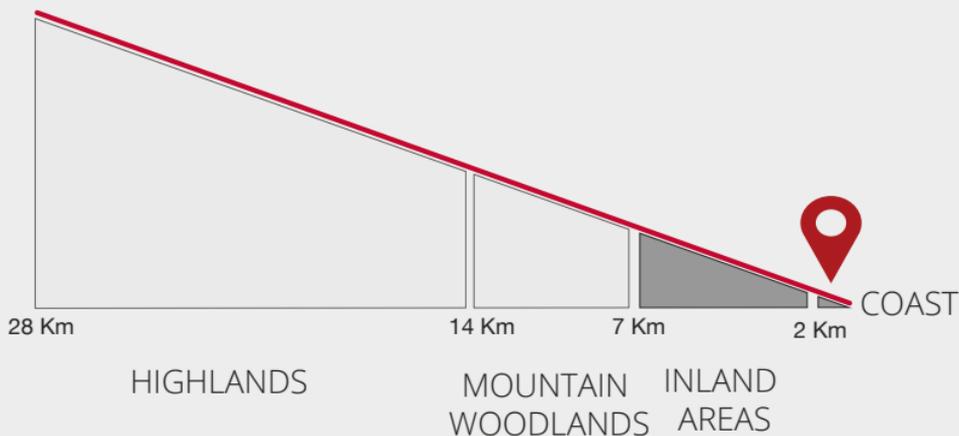




A lifetime of sport

Before trekking existed as a sport, the people who lived in this area had already achieved some records. Traveling between Playa de El Socorro and Icod El Alto, or between the latter and Mount Teide was a common necessity, indeed it was an almost daily occurrence. Walking up and down these slopes from the coast up to the highlands was the only way of making use of the resources at each level of the climb. From here, you can see the first parts. If you look closely, you will see traces of human activity at many spots: banana plantations and orchards, old farms, water channels, roads from different epochs...





El Lance

At the edge of the precipice, there are a few houses in Icod El Alto. This land is ideal for potatoes and other vegetables that are cultivated in the cooler.

Lomo el Cuchillo

On the hills, the vegetation that prefers warmth to cold (thermophilic) is recovered on old plots of vineyards and orchards, and shrubs for the pasturing of sheep and goats.

Hacienda del vizconde del Buen Paso

In the 16th century, these fertile lands near to the coast were given to the conquerors. Even today, mansions or farms are still conserved among the banana plantations.



At your feet, one of your greatest allies is cultivated: the **Canarian banana**, which supplies energy, helps you to prevent cramp and to recover more quickly after making an effort. If you combine it with other local products such as gofio, nothing will hold you back from conquering Mount Teide.



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