



# Ruta 0.4.0

PR-TF 41.1 El Cabezón-El Portillo Alto






# A direct route from the sea to the heavens

A vertical challenge unique in Europe

Route 0.4.0 will make your dream come true: to travel on a route that in a single day goes from the seashore at playa del Socorro up to a colossus of over 12,000 feet: Mount Teide.

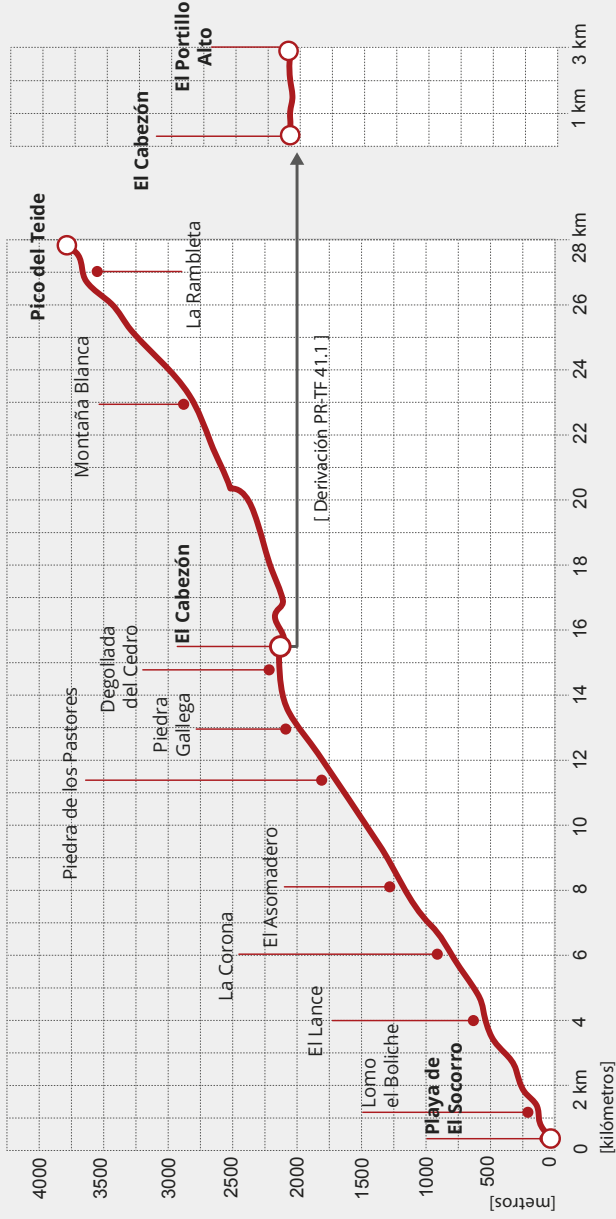
The route coincides with the PR-TF 41 footpath, which in turn has a detour along PR-TF 41.1, up to this point at El Portillo Alto. This short branch is proposed as an entry point and exit for those people who prefer to take this route over two days, whether or not they are consecutive.

After three kilometres, it connects with the main footpath at the base of the Cabezón Mountain. Here, you can choose between going down to the beach through the pinewoods and the landscapes at the medium altitudes, or alternatively you can continue the ascent on the pumice of Lomo Hurtado and Montaña Blanca, to then take the winding final slope up to La Rambleta (3555 m - 11,663 ft.).



# PR-TF 41


## PR-TF 41.1




## Technical data PR-TF 41



ESTIMATED DURATION

 4-6 h

 7-9 h



DISTANCE

**27,8 Km**



ACCUMULATED ASCENT

**3,812 m**



ACCUMULATED DESCENT

**116 m**

## Technical data PR-TF 41.1



ESTIMATED DURATION



**20'**



**45'**



DISTANCE

**3,1 Km**



ACCUMULATED ASCENT

**105 m**



ACCUMULATED DESCENT

**55 m**

# In nature, better take care.



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Before you begin, make sure you understand the effort that will be required.



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Make sure the weather forecast is good for all sections of the climb.




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Take your own food and water. There are no places where you can get fresh water along the route.



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Include among your materials, your fully charged mobile, first aid, money and thermal clothing.



# In some parts, you will come across:



Shared use



Changes in temperature



The possibility of mist and fog



Slippery surfaces

## On the entire route:



Respect private property



Walk only on the footpaths

# Trail markers

Type of path	Continuity Path	Change of direction	Wrong direction
<b>GR<sup>®</sup></b> Gran Recorrido			
<b>PR<sup>®</sup></b> Pequeño Recorrido			
<b>SL<sup>®</sup></b> Sendero local			

Marcas registradas por la FEDME

On the signs, there is a panel which indicates your location.

## Geographic coordinates

Lat. 

0	0
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0	0	0	0
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Lon. 

-	0	0
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0	0	0	0
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Citizen Services Centres

**901 501 901**



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