

# NATURE TRAILS IN THE CANARY ISLANDS



Guide to the  
**Nature Trails**  
of Spain

## NATURE TRAILS IN THE CANARY ISLANDS

In the following pages, the 7 Nature Trails running through the Canary Islands are briefly described. Two types of trails may be distinguished: circle trails and trails that run along the GR-131 footpath which aims to connect all islands. The circle routes are: La Palma Nature Trail (GR-130), the Circle Route along Traditional Paths of El Hierro Nature Trail, and the La Gomera Coastline Nature Trail (GR-132). Besides, there are six Nature Trails which are included in the GR-131 footpath: El Bastón (GR-131), in the island of La Palma, included in La Palma Nature Trail; the Anaga-Chasna Nature Trail in Tenerife; the GR 131 Path in the Traditional Paths of El Hierro Nature Trail, GR-131, the Cumbres de la Gomera Nature Trail, the Orzola-Playa Blanca Nature Trail in Lanzarote (still to be recognised), and the Fuerteventura Nature Trail. This last trail includes, in fact, a network of 13 smaller trails.

### **La Palma (Province of Tenerife).**

The Nature Trail that runs across the island of La Palma (Biosphere Reserve since 1983) is composed by two main paths GR-130 and GR-131. The first of them is a circle route of 159 km which runs along the old roads used to go from one village to another, and is called the Camino Real de la Costa (Royal Coastline Road) or Camino Real de Medianías (Royal Ravine Road). The second path is 86,9 km long and was born from the union of the Volcano Route and the Peak Route, which runs along the peaks of the Caldera de Tarburiente National Park.

### **Anaga-Chasna (Province of Tenerife).**

The Anaga-Chasna Nature Trail, 85,7 km long, runs along



Cumbres de La Gomera NT

**MORE INFORMATION:**  
[www.mapama.gob.es/en/desarrollo-rural/temas/caminos-naturales](http://www.mapama.gob.es/en/desarrollo-rural/temas/caminos-naturales)

NIPO: 013-17-167-6

## MAGICAL GEOLOGY, A UNIQUE BIODIVERSITY

Volcanic islands, caressed by the trade winds and the Atlantic ocean breeze, in which unique ecosystems, such as the cardonal-tabaibal (characterised by the Canarian spurge), the laurel forest of Canarian high mountains (with the Teide as its finest example), are hidden away on a rich and diverse orography with stunning shapes and colours. The visitor is welcomed by a mild climate all year long, which allows them to enjoy these islands and their seven Biosphere Reserve sites as granted by the UNESCO.



NT along the Traditional Paths of El Hierro

### **Cumbres de La Gomera (Province of Tenerife).**

Almost the entire layout of this 44,1 km trails coincides with the GR-131 footpath. The traveller may enjoy the distinctive vegetation of the island when crossing the Garajonay Natural Park, and the changing orography of the island, which is scattered with lone rocks in whimsical shapes and deep ravines.

### **La Gomera Coastal (Province of Tenerife).**

This Nature Trail runs along the coast of the La Gomera island and coincides with the GR-132 footpath. When walking this trail, the traveller will enjoy the stunning landscape if this island (declared Biosphere Reserve in 2012), criss-crossed by deep ravines and high cliffs.

### **Orzola-Playa Blanca (Province of Gran Canaria).**

This trail, 72,6 km long, crosses the volcanic island of Lanzarote in a northeast-southwest direction, so the traveller may enjoy the beauty of this island declared Biosphere Reserve by UNESCO in 1993, and more than 40% of the surface if which belongs to the Canarian Network of Protected Natural Spaces.

### **Fuerteventura (Province of Gran Canaria).**

From Isla de Lobos to Punta de Jandía, the GR-131 runs 153 km characterised by the marked diversity of Fuerteventura's nature; in fact, the whole island was declared a Biosphere Reserve by the Unesco in 2009. This trail is completed by 13 short trails (97 km in total) which run, among other sites, by the volcanic cone of Tindaya.



La Palma NT



Fuerteventura NT



La Gomera Coastal NT



