



TransHierro

Trail Guide

Trails accessible from
the *TransHierro* transport system







TransHierro

This guide is designed to help you to enjoy the beauty of the island of El Hierro using public transport. Every route starts and ends at a public bus stop.

In this first edition, 9 hikes have been selected. They combine the unique environment of El Hierro with its rich ethnographic heritage.

There are 3 tours in every municipality - two within one municipality and the third one is of intermunicipal nature.

The hikes have been classified with the terms “short”, “medium” and “long” - depending on the distance, the elevation difference and the difficulty:

Short: between 3 and 7 km, no more than 200m elevation difference and low difficulty.

Medium: between 7 and 12 km, no more than 500m elevation difference and medium difficulty.

Long: between 12 and 20 km, no more than 1200m elevation difference and high difficulty.

BEFORE YOU START

- Prepare appropriate footwear and clothing bearing in mind the characteristics of the hike and possible weather conditions.
- Make sure that your mobile phone is fully charged.
- Prepare plenty of water (min. 1,5l) and healthy, light snacks.
- Check the weather forecast, condition of the roads and bus times.
- Avoid walking alone, however if you do - tell a friend about your plans (route, departure and arrival time).
- If you feel that you don't have appropriate training or experience, seek a professional guide.

DURING YOUR HIKE

- Protect yourself from the sun.
- Carry your mobile phone.
- Stay on the paths - do it for your safety and for the environment.
- Walk without leaving a trace. Please look after our nature.
- Take regular breaks to take a sip of water - even if you are not thirsty - and a small snack.
- Take your rubbish with you - even organic waste.

IN CASE OF AN ACCIDENT (PAS):

- Keep the injured person and the rest of the group safe.
- Notify the emergency services (call 112) and follow their instructions.
- Help the injured person. Keep them dry and warm, stay with them and calm them down.

PLEASE NOTE

- This guide should be used as a reference document only. At the time of printing, the condition of all trails and the location of the bus stops have been verified.

WARNING

Before you start the hike, it is your responsibility to check:

- the weather forecast (AEMET)
- possible warnings and/or alerts from the 112 emergency service of the Government of the Canary Islands
- the state of the roads (CECOPIN EL HIERRO)
- the bus lines and location of the bus stops (TRANSHIERRO)



Tourism El Hierro: **elhierro.travel**

Tourist centers of El
Hierro
www.meridianosau.es

Mobility application:
moovitapp.com

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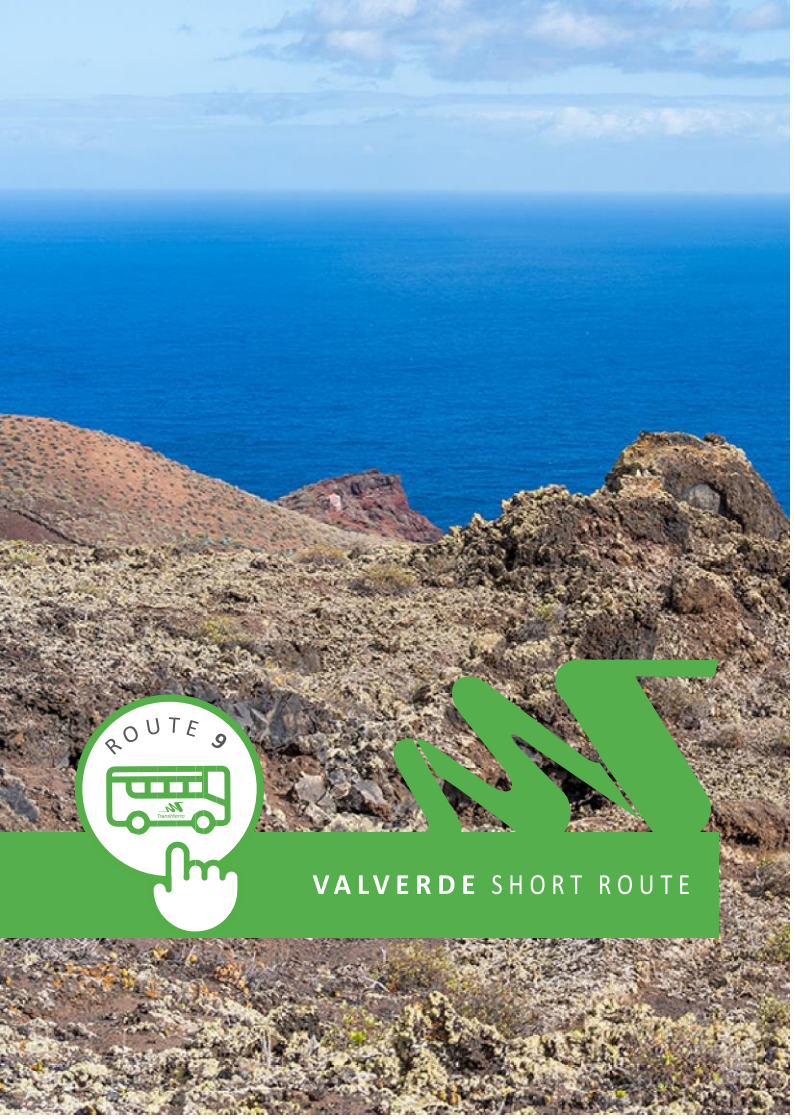


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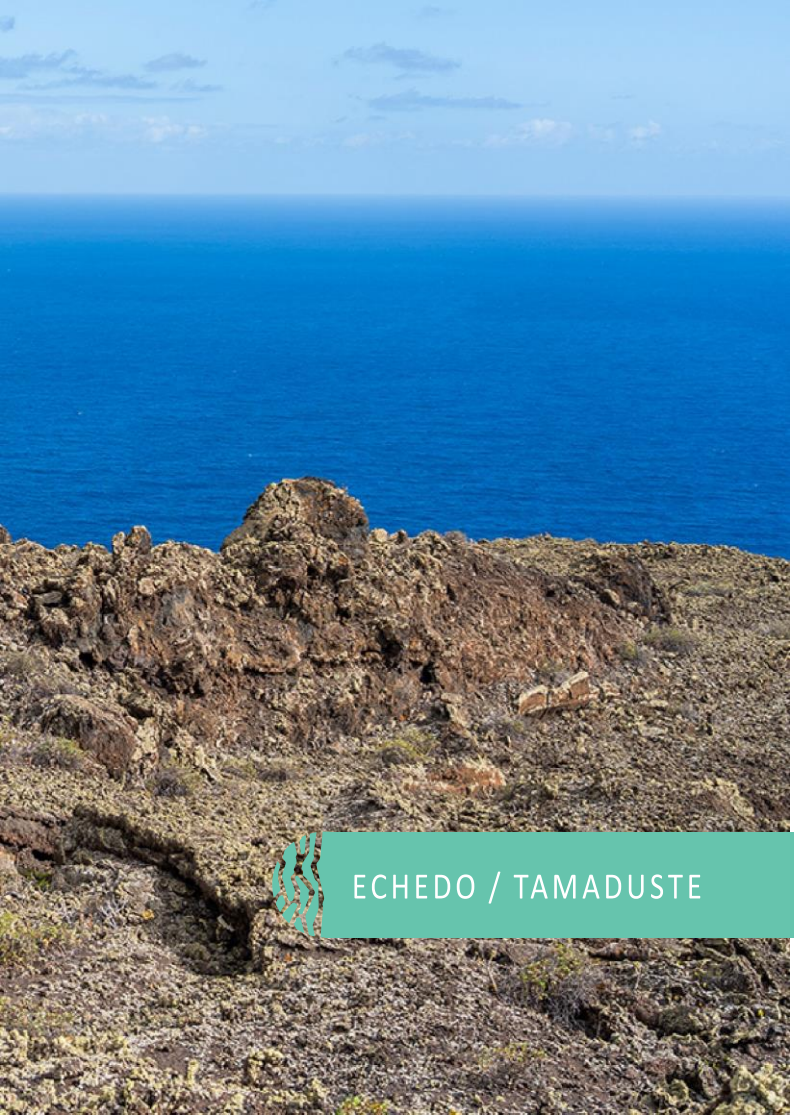
FRONTERA

LONG ROUTE

LOS LLANILLOS / EL PINAR



VALVERDE SHORT ROUTE



ECHEDO / TAMADUSTE

> This path, which is just over 5 km long, will take you to the vineyards in the north of the island and to the volcanic area of singular beauty famous for its colours and shades.

We set off from the main Echedo bus stop (Los Valles Str. 1 intersection with the main road of Echedo, HI-15) heading north. In the small town square we join the PREH 6.2 island trail in the direction of El Tamaduste.

The first kilometre and a half the trail overlaps with several streets of Echedo (Domino Pio Str, Amacas Str) and runs among residential modern homes and traditional houses in disuse that still preserve their designs, their cisterns and even their ovens **(27°50'09.3"N 17°55'09.4"W)**.

In the ravine called Barranco del Cura **(27°49'47.9"N 17°54'44.0"W)** we join the path and, among the vineyards, we head towards the mountain called Tesoro.

This mountain is a volcano of Strombolian origin, which released a significant volume of lava forming the landscapes where El Tamaduste sits, our destination today.

Lavas of different compositions, textures and colours will accompany us the rest of the journey, making this area one of the favourite places on the island for photography enthusiasts.

First, we find La Caldereta, a secondary opening of the volcano where the vegetation begins its colonisation and contributes a unique beauty to the lava flows, furnaces and volcanic tubes.

The trail runs around the flank of the main cone towards the east. The views of the coast are spectacular, but if you suffer from vertigo... this is not a place for you!

Once we have gone around the cone, we begin descending through Los Jables and join the GR-131 trail in the area called La Asomada Alta. As its name indicates, we have spectacular views of both El Tamaduste and the El Tesoro volcano and its lava flows that formed everything below us.

At the foot of Roque de Las Campanas and after descending a few stone steps, we cross the main road and walk the last part of the trail. The path will take us to El Rio, one of the

traditional swimming areas of the inhabitants of the capital - Valverde.

Our destination, the bus stop on the corner of San Juan Str and Tabaiba Str, is just 2 minutes away.



VALVERDE MEDIUM ROUTE



TIÑOR / GAROÉ / EL MOCANAL

> This tour connects Tiñor with El Mocanal through the island's network of trails and runs through one of the most humid areas of the island.

We start the journey at El Tiñor bus stop on the road HI-1 ([27°47'27.2"N 17°55'51.6"W](#)) and here we join the GR-131 trail going towards San Andrés. The first 600m pass through El Tiñor, a small village where the traditional style of constructing survives. Leaving its church behind, the ascent (600 m approx.) to the central area of the island begins. Once we reach the top, the path GR-131 coincides with PR-EH 11 (also known as Ruta del Agua) in a stretch of 800 m until reaching a crossroads (GR-131, PH-ER 11 and PR-EH 7) of Atara ([27°46'58.4"N 17°56'53.4"W](#)), next to the paved track.

While here, we recommend doing a small detour and visiting the Albarrada. This village, now abandoned and inhabited since mid-twentieth century, was mentioned in the chronicles with references from the eighteenth century. Its name (dry stone wall) was mentioned there even 2 centuries earlier.

Back on the trail, we begin a short ascent along a paved section of PR-EH 11 (and PR-EH7) in the direction of El Garoé visitor centre.

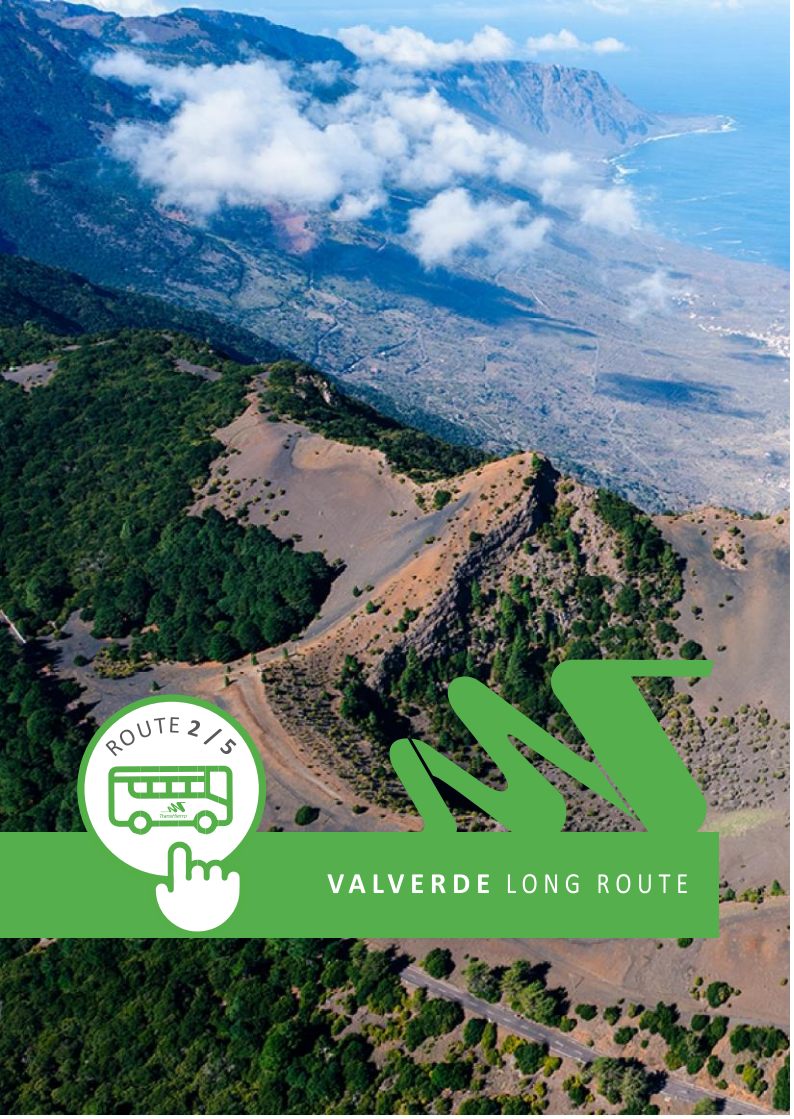
Capturing and conservation of water has always been essential for the people of El Hierro and, on the way to this centre, we find constant reminders of it. From the small ponds and pools to the fog collectors and modern tanks.

After visiting El Garoé, we begin the descent through a forest track that takes us to a crossroad ([27°48'01.1"N 17°56'40.2"W](#)). We continue on the track PR-EH 7. Towards our right we have Las Martas ravine and to our left - the mountain of Pedraje.

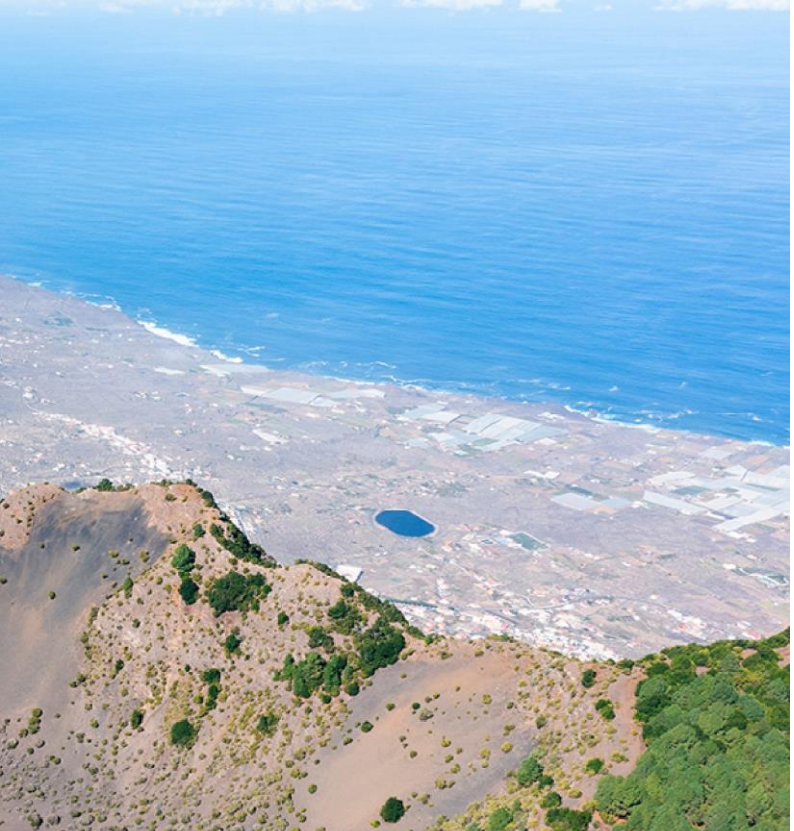
After approximately 2 km of forest track, where the mountain landscape turns slowly into fields and gardens, we reach the road HI-112. It is a great place to take a moment and enjoy the views of the entire area known as Barlovento, its coast and, at our feet, the town of El Mocanal and the Betenama neighbourhood.

About 150m further down, our trail and the Betenama road overlap. Once we reach the

main road (HI-5), we turn left and there we find our bus stop.



VALVERDE LONG ROUTE



SAN ANDRÉS / DOR HERMANAS / TIGADAY

> Using several trails of the island network, we will walk along this traditional path that connects the upper part of the island with El Golfo Valley.

The starting point is the bus stop in front of the Casino of

San Andrés (HI-1, Jarera Str 7). We walk 60m towards El Pinar and then turn right towards La Iglesia Street. A few metres ahead, next to the school, we will find the insular path PR-EH 8.

After approximately 600 m, we join the trail GR-131, also known as the “Camino de la Virgen”, because it is used to carry the statue of the Virgen de Los Reyes from its sanctuary in La Dehesa to Valverde. This festive procession, called “The Descent of the Virgen”, takes place every 4 years since the XVIII century and it is a festive gathering for thousands of people who perform it to the rhythm marked by dancers, traditional flute and drums.

Now on the GR-131 we will walk through Nisafe, a traditional agricultural and livestock plateau zone, which is well preserved and has low light pollution, making it one of the most attractive areas in the Canary Islands from the

ornithological point of view and also for nocturnal stargazing. The path ascends gently until reaching the highest part where the forest area begins. La Caldera de Fireba, to the right of the way, is one of the most representative craters of the Geoparque de El Hierro.

We continue and reach La Llanía. After about 700 m along the trail that coincides with the HI-45 road, we reach the Jable de Mequena and change trails to take the PR-EH 2 descending to the Golfo Valley.

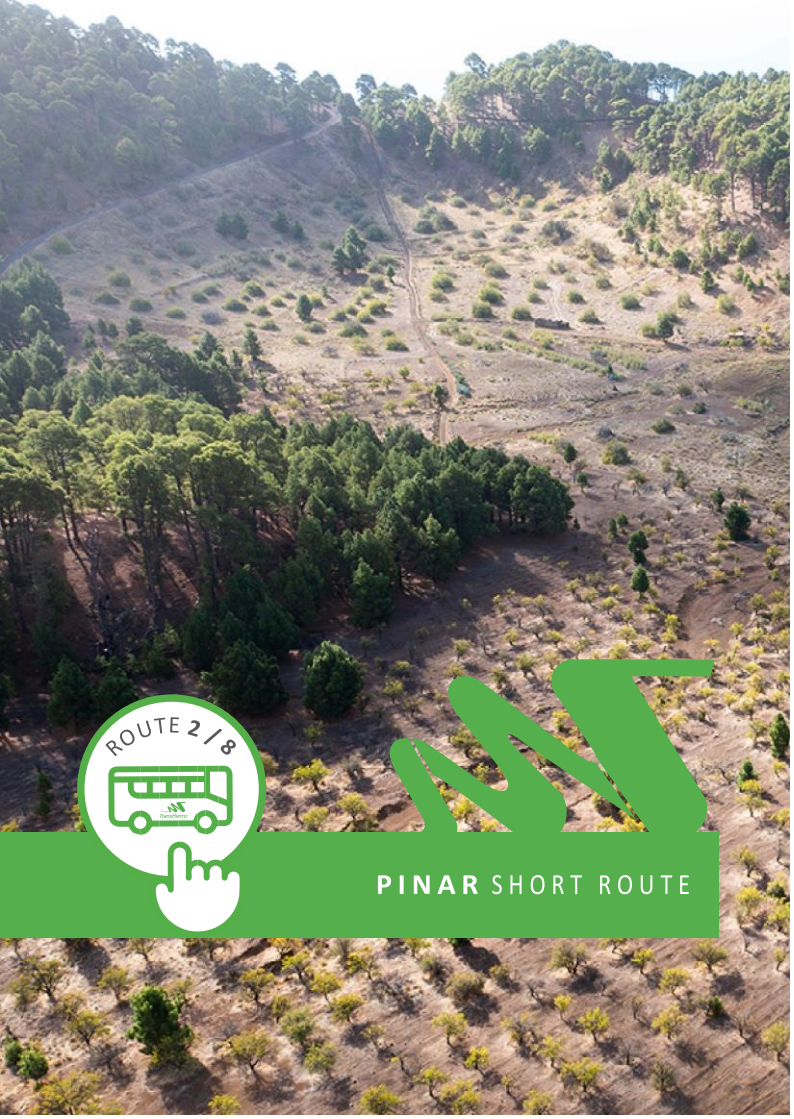
The forest of erica arboena and myrica faya will accompany us from the chapel of San Salvador and the intersection with the road HI-1, 800 m below.

The last part before reaching the town is characterised as an agricultural area where vineyard cultivation has been prominent since the XVI century.

Once in the town, we descend along Las Toscas Street to Cruz Alta Street ([27°45'10.2"N](#) [18°01'01.5"W](#)), we turn right (NE) and take

Tigaday Street to the intersection with La Corredera Street (700 m).

Our destination, the bus station of Frontera, is located on this same street in front of the Town Hall.



PINAR SHORT ROUTE



PZA. DEL MENTIDERO / HOYA DEL GALLEGO / PZA. DEL MENTIDERO



> With this circular path we will get to know the population centre of Taibique, one of the most important wine areas of the island, the pine forest and its recreational areas.

The starting and finishing point is the bus stop located at the Mentidero Square, a traditional meeting and celebration place for the “piñeras” and “piñeros”. We start this route taking as a reference the insular path PREH 10, we cross the street, turn left and, before taking the path, we can visit the Geological Interpretation Center of El Hierro (Travesía del Pino Street, 50).

Afterwards, we continue along the same street for about 30 m until we reach El Roque Str. Among the houses and small homemade orchards we will leave the centre behind.

After our first kilometre and turning right, we will begin a gentle ascent along the road that will take us to the wine-growing area of Los Valles. Vineyards, wineries and traditional wine presses will accompany us on this part of the route.

When reaching a crossroads (which is easy to be found because a forest track clearly separates the agricultural area from the pine

forest), we leave the PR-EH 10 trail. We turn right onto the PR-EH 10.1 (towards El Pinar) for 600 m until you reach Hoya del Gallego, a communal area of fig and almond trees.

When in Hoya del Gallego we have to stay alert, because we have to find a path, which is not signposted. However it is not so difficult, as many hikers and cyclists use it. The crossing is in a small ravine ([27°42'33.3"N 18°00'03.3"W](#)), We abandon PR-EH 10.1 and we begin, initially, a gentle ascent among almond trees. When reaching the pine forest, the path gets steeper. This local trail crosses two roads, first a local road and then the HI-400 twice until we reach the top.

We continue along the HI-400 road for 100 m, passing the recreational area on our right and reaching the junction between the road and the PR-EH 1 trail.

Following the PR-EH 1 we cross the Hoya del Morcillo, a recreational area for locals and visitors. Once on the way down we leave the pine forest behind and when we reach the crossroads next to the sawmill, we can take a

detour to the Mirador de Tanajara to enjoy the views of the entire southern part of El Hierro.

Once back on the path PR-EH 1 we continue descending until we reach our starting point, the Plaza del Mentidero.



PINAR MEDIUM ROUTE



LAS CASAS / MIRADOR DE ISORA

> Linear path that connects the centre of Las Casas with the village of Isora.

Starting from the bus stop located at the intersection of the main road HI-4 with La Curva Street we go (180 m), along this same street, to the crater of Las Casas.

Las Casas has always been an important town and crossing point that connects the midlands with the east coast (Las Playas), used by the inhabitants of the area for their seasonal migrations.

Taking the PR-EH 3 trail towards Isora, we will ascend among gardens, fig and almond trees, leaving the village behind until we reach the junction with the HI-402 road. At this point, it is absolutely essential to detour some 150m to the right to visit the Mirador de Las Playas and enjoy the breathtaking views.

Returning to the path we are heading towards the highest point of the route (1,114 m), the Risco de Los Herreños, an area of special importance for the bimbaches, the first settlers of the island.

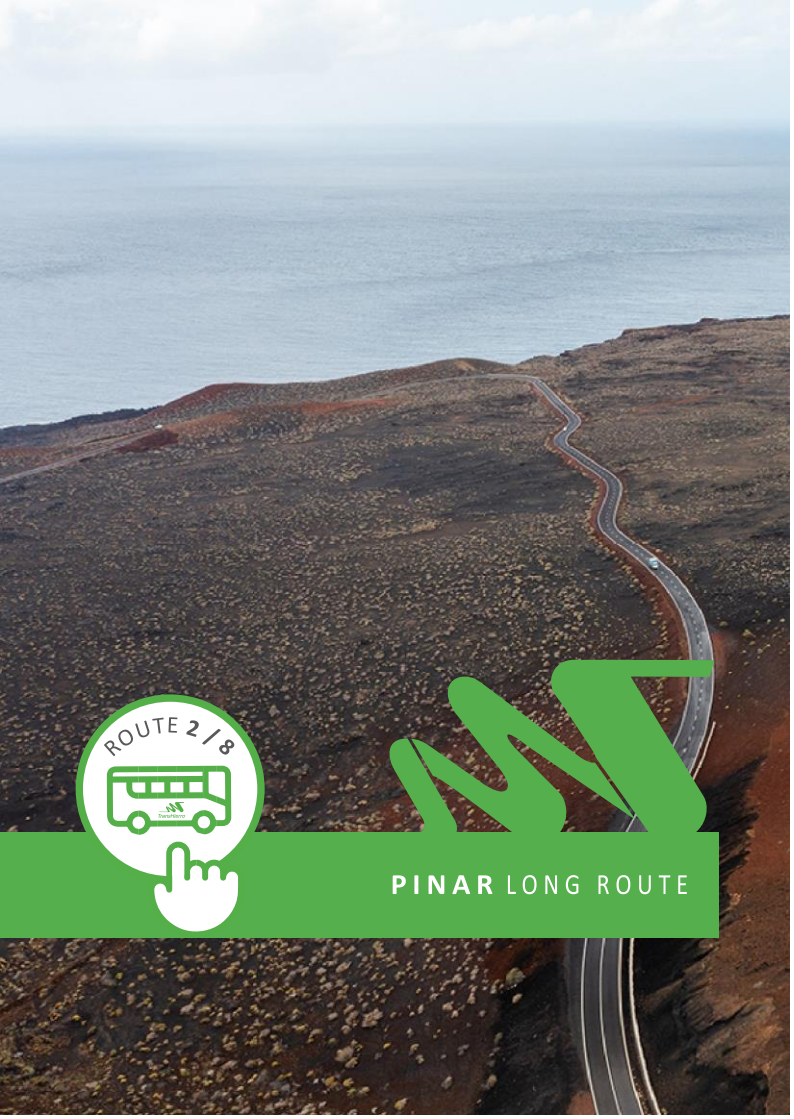
When the trail ends, the descent to the village of Isora coincides with the road HI-401. We are passing through a rich agricultural area where its inhabitants do their best to preserve their toponymy by placing identifying signs in ravines, fences and roads. Near the futbol field and the cemetery we will cross the Ferinto Street and we can take a detour (800m to our left) to visit the Interpretation Center of the Biosphere Reserve where we can learn about the natural, cultural and landscape values that support the declaration of the island of El Hierro as a Biosphere Reserve by UNESCO in 2000.

Back on our path, the PR-EH 3, we cross the area of Los Valles and the Morro ravine and we reach the Mirador de Isora.

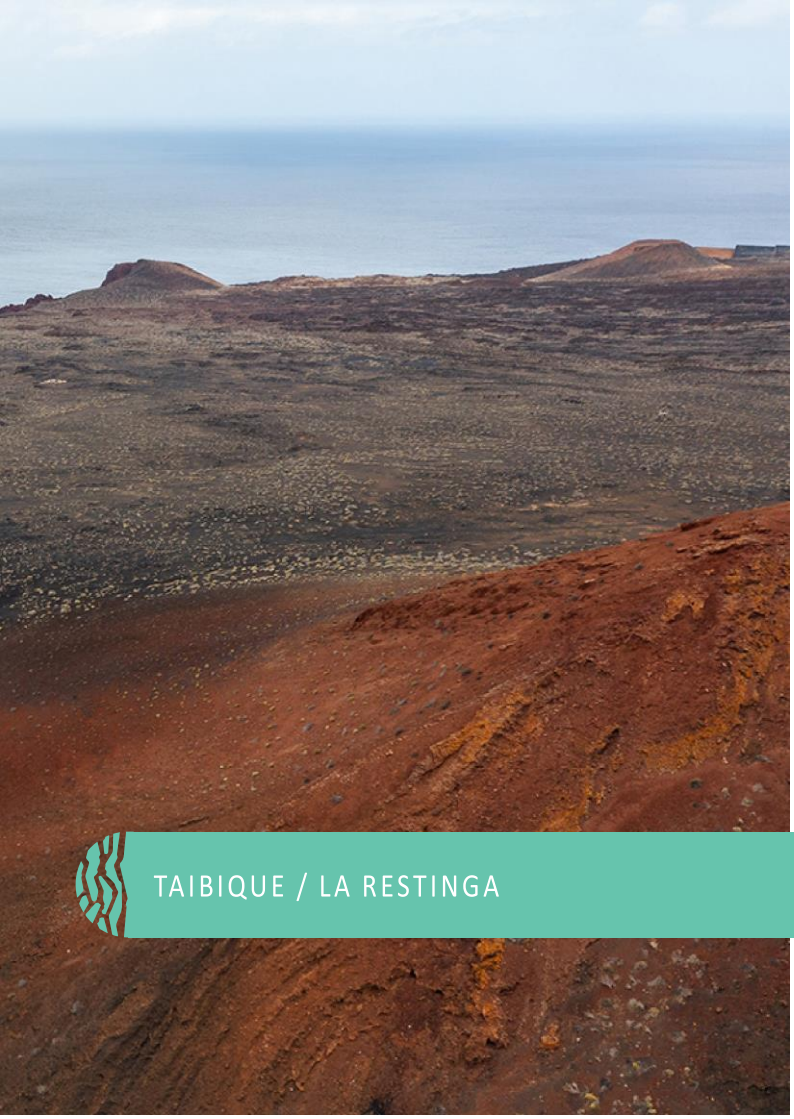
The impressive views from this viewpoint help us to understand why Isora is also recognized as one of the places where the silbo herreño (whistling language) survives. The large gaps that separate the populated areas, the seasonal migrations and the use of resources of the territory, have favoured the elderly of the area

to preserve the silbo as a way of
communication.

Our bus stop is at the same viewpoint.



PINAR LONG ROUTE



TAIBIQUE / LA RESTINGA

> This is a linear trail using the traditional path that links the midlands (El Pinar) with the south coast (La Restinga). Its main attraction is the volcanic environment that influenced the relationship of its inhabitants with the surroundings.

The bus station of El Pinar, our starting point, offers us the proximity of the Mirador de Taibique. It is just on our left side when leaving the bus station.

From here we can see the entire lower area of the town of Taibique and contemplate the first part of the path of this route (PR EH1). To the left (NE), we can see the cemetery and the cultivation areas that we will cross on our way to La Restinga.

To take the trail we must retrace our steps and follow the Travesía del Pino Street (HI-4, Carretera de La Restinga) to the Mentidero Square (300 m). This square is one of the characteristic and identifying places of the inhabitants of El Pinar. Meeting point for celebrations, open-air cultural events and furthermore there is the Geological Interpretation Center of El Hierro... In other words - it is place to visit. We leave the square

descending along La Paz Street taking the path PR EH1.

We will gradually leave the village taking narrow streets, murals and commemorative monuments and entering an arrea of gardens and pastures. The agricultural areas will give way to a group of volcanoes that house an important archaeological heritage, such as the Necropolis of La Lajura or the Montaña de Los Muertos. Once we cross the HI-4 road again, we have the option of leaving the road for a moment to visit the Interpretation Center of the Geopark El Hierro. This is located approximately 1km away, following the road down.

Returning to the PR-EH1 trail we keep on descending through an area of cones, lava flows, furnaces and even lime kilns that let us enjoy the volcanic character of the islands. All surrounded by local plants called tabaibas (*Euphorbia balsamifera*), cardones (*Euphorbia canariensis* L) and iramas (*Schizogyne sericea*).

After crossing the Llanos de Irama, and leaving La Montaña de La Restinga (198m) to our right,

we will see the town of La Restinga, our destination.

On the maritime avenue, next to the bar terraces and restaurants we will find the bus stop.



FRONTERA SHORT ROUTE



LA MACETA / LAS SALINAS

> The path between La Maceta and Las Salinas is a wonderful way to get to know and experience the natural and patrimonial wealth that this area of the Golfo Valley treasures.

The bus will leave us in La Maceta, an area of natural pools that allow swimming in the sea at any time of the year.

We take this coastal path leaving the parking. We direct ourselves to Puntagrande (NE direction) by a path conditioned and marked with posters that make explicit reference to its high geological value. Overlapping lava flows, basaltic columns, volcanic tubes and rocky beaches accompany us along the path.

About 300 m away, at the first viewpoint, we will find “Los Lavaderos”. These old laundries and the well of brackish water, which give its name to the area, are examples of the continuing struggle of the inhabitants of El Golfo in their search for fresh water.

Following our path we will pass the viewpoint located in Punta de Zamora and, after a brief tour between a narrow corridor walled on both sides, we will arrive at Punta Izquierdo with its spectacular cushioned cliffs.

The next section is the valley of the Morros, where we can enjoy both the lava flowstones, lava taphons, small volcanic tubes that come out in our path, as the imposing cliffs of El Golfo that exceed 1000 m.

Approximately 2km further we are welcomed by pools called Cascadas del Mar and the smallest hotel in the world.

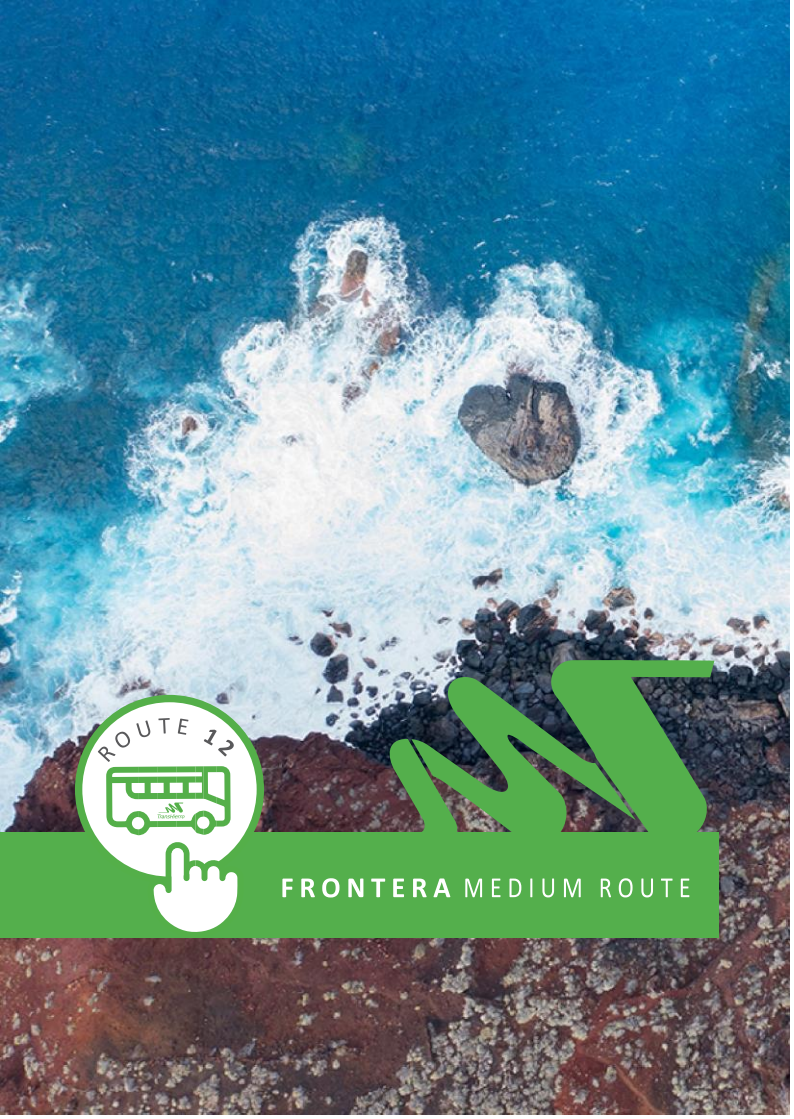
The Puntagrande Hotel (BIC, Ethnological Site), whose original building dates back to the beginning of the 19th century, was used for decades as a warehouse for goods, both for export (wine, fruit, well water from El Pozo de la Salud, sugar cane juice, etc.) as for imports (coal, lime, tiles, vegetables, etc.). In 1975 it was rebuilt as a restaurant and hotel.

Our bus stop is right at the entrance of the pier, but we will continue on our coastline path some 600 m more to visit Las Salinas de Las Puntas.

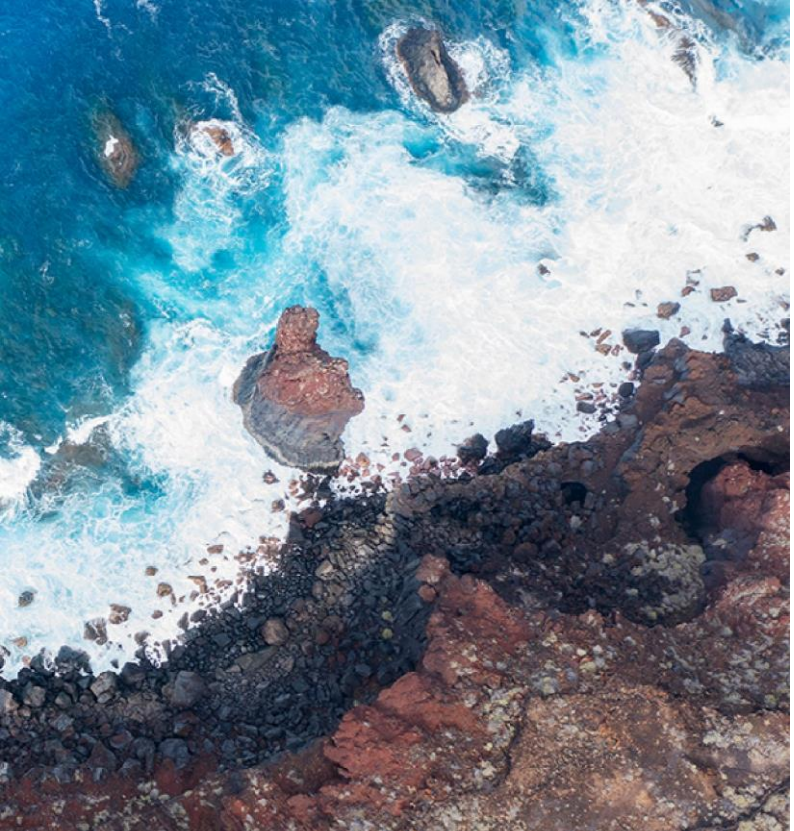
These salt pans are located in the Tibataje Special Nature Reserve, in front of Los Roques

de Salmor, and date back to the end of the 17th century. Two lime kilns were later installed next to the salt pans to calcine the lime brought from Fuerteventura.

We retrace this last section and head to our bus stop, at the Mirador de Punta Grande.



FRONTERA MEDIUM ROUTE



POZO DE LA SALUD / SABINOSA / POZO DE LA SALUD

> This circular route of 5.8 km has the particularity that it passes through 2 bus stops of the same busline. The route that we suggest starts from the bus stop next to the Pozo de La Salud and begins the ascent to Sabinosa along the PR-EH 1 insular trail. The first stretch is known as Los Tendales, areas of cultivation and gardens, until we reach the hillside of Las Vetas where the path crosses the traditional vineyards.

Once in Sabinosa, next to the square and the bus stop, we leave the path to walk along its main street towards Los Llanillos. While walking through the town we can appreciate how it maintains its traditional architecture and many of its houses have identifying elements that recognize a lifetime of dedication of the people who lived here.

It is worth mentioning the important work carried out by The Cultural and Ethnographic Association "Sabinosa, un sentimiento" that investigates, recovers and preserves the cultural and historical heritage of the town. Its cultural and ethnographic project includes recovering roads, old establishments (bakeries, shops, bars, etc.) and traditional craft

workshops turning them into ethnographic centres.

When on the outskirts from the town, we leave the

HI-551 highway to begin the descent towards La Tabla.

About 600m away, we cross a dirt track known as “El Canal” which owes its name to an ancient water channel that crossed the El Golfo Valley from one end to the other. At this point we must turn left (direction W) and after about 25 m, return to the path on the right. This section in continuous descent allows us to enjoy the old village of La Tabla.

Once on the coast, we cross the HI-551 road and, from here, we can enjoy a spectacular coastal path and, if the sea is not too rough, we can swim in the natural pool La Laja, in the recreational area of La Tabla.

We return to the path from the car park, ascending a stepped section that takes us to Las Eras area and from there, to the Pozo de La Salud.

The last section of the road coincides with the Highway 551 so we must take extreme precautions.



FRONTERA LONG ROUTE



LOS LLANILLOS / EL PINAR

> This is a traditional path that has been used by generations of herreñas and herreños for their seasonal migrations between Los Llanillos and the town of El Pinar.

We begin the route at the bus stop in Los Llanillos, next to the square. We cross the main street of Los Llanillos, we turn left towards Tigaday (NE) and we continue as long as we get to Pata la Yegua Sgstreet (aprox 80m). We go up this street as long as we get to the trail PR-EH 2.1. ([27°45'07.5"N 18°02'09.5"W](#))

The path runs, in the first section, through areas of disused fields where we can identify the use of dry stone walls to separate fields and protect the fig trees.

On the way up we cross the road HI-1 on 4 occasions. Being on the third, and leaving behind the forest house, we will enter into the heather and myrica faya forest.

Near the summit, already at PR-EH 2, the path passes next to the chapel of San Salvador. It is a festive meeting point in the traditional procession "Bajada de San Salvador" during the

patron saint festivities of the municipality of La Frontera.

In Dos Hermanas, a place with wonderful views and well known by paragliders, we cross the road HI-45 and we begin the descent. The path goes deep into a very well preserved Canarian pine forest where the traditional craft of the pinocheros (people collecting the pine needles) is still in practice.

In the last section of the pine forest we find La Hoya de El Morcillo, a recreational and camping area. This area was originally a farmland and later was conditioned for the use and entertainment of the population. It is equipped with all the basic services, both the recreational and the camping area.

We leave the pine forest, cross fields and gardens and slowly reach the crossroads next to the sawmill, where we can take a detour to the Mirador de Tanajara to enjoy the views of El Mar de Las Calmas and the Julan valley.

Once we are back on the PR-EH 1 road we just have to go down the streets of the town to the Plaza del Mentidero bus stop.



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