

Icod de los Vinos on the Trail

ROUTE 5

Fuente de La Vega Loop



Technical Difficulty
Moderate



Elevation Gain
175 m



Maximum Elevation
978 m



Elevation Loss
175 m

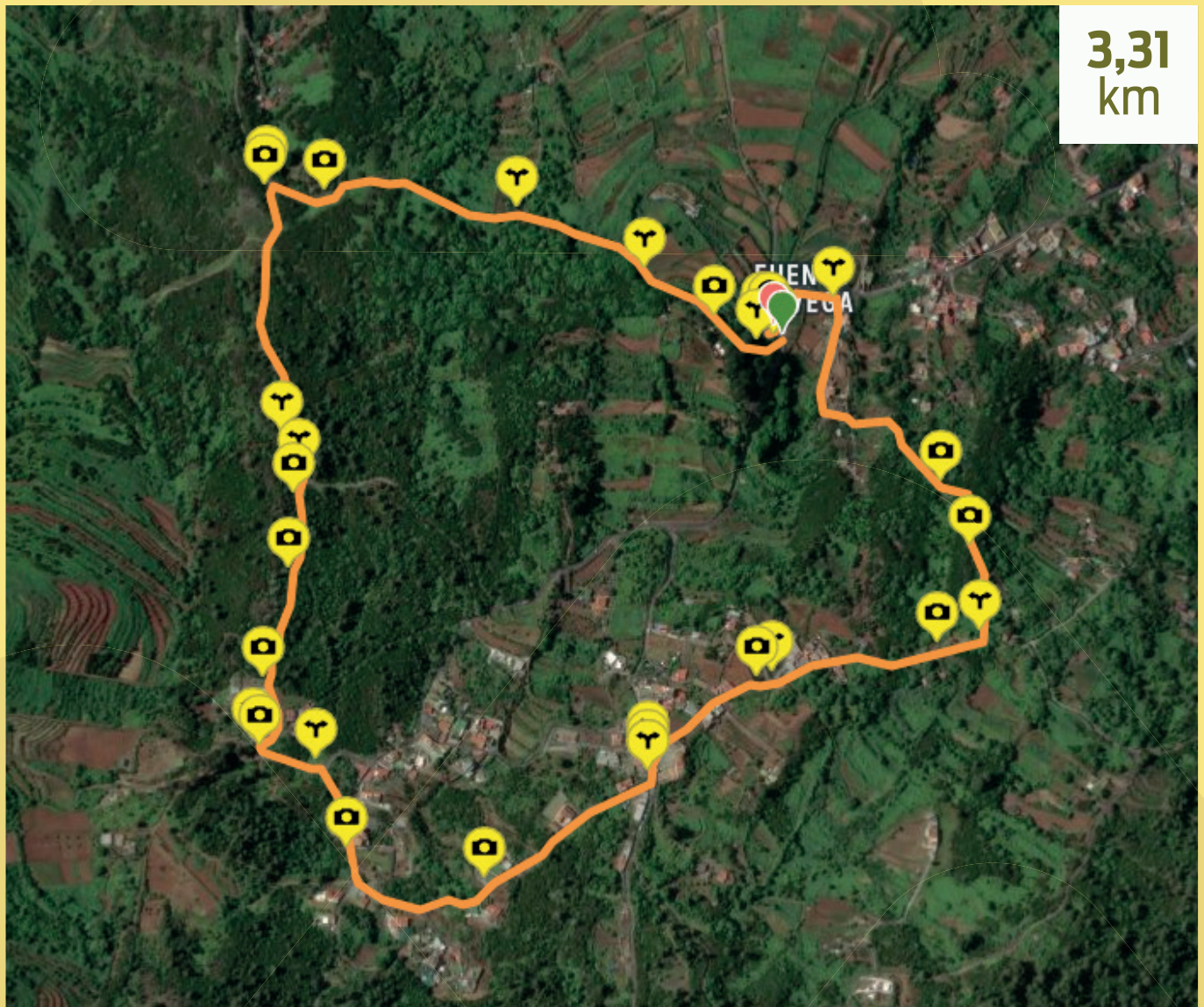


Route Type
Circular Route

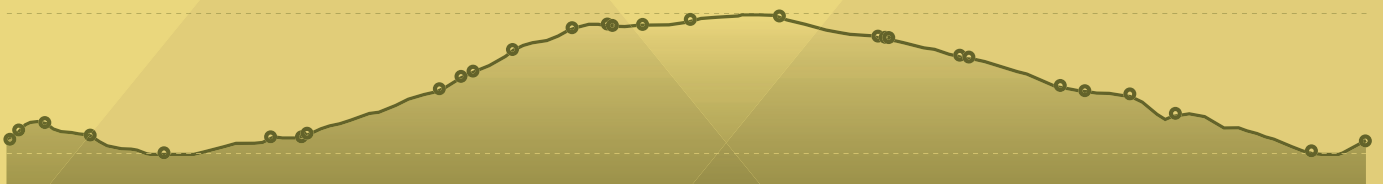


Minimum Elevation
838 m

▼ Tap on the map to start



978 m



838 m

3,31 km

Description

FUENTE LA VEGA

This circular route starts at Fuente de La Vega, a historic site with traditional washhouses and fountains that are still in use today. The trail climbs through the mid-altitude landscape and native woodland, with heath, faya trees, rockroses and codesos, reaching elevations of around 1,000 metres and offering magnificent views of Mount Teide and the surrounding Corona Forestal.

The route continues towards the hamlet of Las Abiertas and the Chapel of Nuestra Señora del Carmen, following old cobbled paths and passing through areas of traditional farmland, where potatoes are one of the main crops. Along the way, we can also discover elements that recall the history and traditional way of life of the area before returning to Fuente de La Vega.



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Equipment:

- Use appropriate equipment, footwear and clothing according to the route and weather conditions. For routes with greater difficulty or steep slopes, trekking poles are recommended.

Safety Tips:

- Always follow the suggested route. Do not enter private property, hunting areas, water galleries, wells or caves.
- Take extra care when walking along or crossing roads used by cyclists, horses or motor vehicles, as well as when walking through ravines with flowing water.
- Avoid direct contact with potentially dangerous animals, such as livestock, beehives or dogs.
- Walk carefully to avoid accidents and falls caused by obstacles, loose rocks, uneven ground or steep slopes.
- Check the weather forecast before planning your route.
- In case of emergency, call 112.