

NATIONAL PARK · SPAIN · TENERIFE

# Teide

## *at a glance*

Spain's highest mountain, in a caldera of lava and pumice: no entrance fee, but a cable car ticket, a summit permit and gear that is checked at the trailhead.

189

KM<sup>2</sup>

and a little more: the park's area (73 sq mi)

3,715

METRES

is Teide's height according to the park authority (12,188 ft); its booking page gives 3,718

1954

SINCE

a national park

2007

SINCE

a UNESCO World Heritage Site

### BEFORE YOU GO



#### Spain's most visited national park

The Spanish Ministry for the Environment lists Teide as the largest and oldest national park in the Canary Islands and the most visited in ...



#### Who runs the park

Since 2015 the park has been managed by the Cabildo de Tenerife, the island government, on behalf of the Canary Islands government.



#### From the north and east

The TF-21 climbs 31 kilometres (19 mi) from La Orotava to El Portillo; the TF-24 runs along the island's ridge from La Laguna and La ...



#### The high-altitude climate

Dry, with strong contrasts between day and night, low humidity, often strong wind and little, irregular rainfall; in winter it snows on ...



#### Compulsory gear

On PNT 07, 09, 10, 23 and 28, mountain boots or closed trekking shoes with a good tread, long trousers and a fleece are required, even in ...



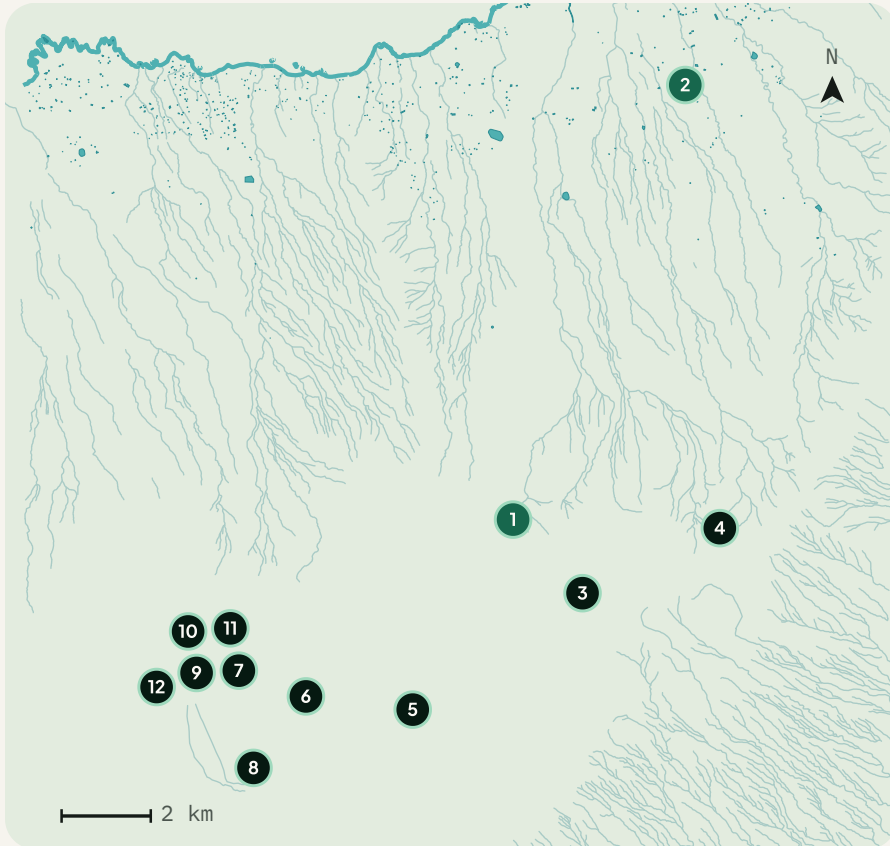
#### Not everyone may ride the cable car

Pregnant women, children under three and people with heart conditions may not ride, nor may people with reduced mobility; if the cable car ...



#### Fees and opening hours, up to date

Fees and times change. The park page lists them with source and date: [nationalparksatlas.com/en/spain/teide](https://nationalparksatlas.com/en/spain/teide)



- |                                        |                                       |
|----------------------------------------|---------------------------------------|
| 1 Centro de Visitantes El Portillo     | 7 Refugio de Altavista                |
| 2 Centro de Visitantes Telesforo Bravo | 8 Teleférico del Teide, lower station |
| 3 Arenas Negras                        | 9 La Rambleta                         |
| 4 Observatorio del Teide               | 10 Mirador de la Fortaleza            |
| 5 Minas de San José                    | 11 Cueva del Hielo                    |
| 6 Montaña Blanca                       | 12 Pico del Teide                     |

Green: entrances. Map data © OpenStreetMap contributors (ODbL).



TEIDE CABLE CAR AND LA RAMBLETA



PNT 10 TELESFORO BRAVO: THE SUMMIT TRAIL



ROQUES DE GARCÍA AND LLANO DE UCANCA

## THINGS TO DO

### Roques de García

According to the trail sheet, one of the most popular trails in the park, thanks to its low difficulty and ...

### PNT 10 Telesforo Bravo

660 metres (0.4 mi), 182 metres (597 ft) of ascent, around 55 minutes, gradients of up to 60 percent from ...

### Overnight at 3,260 m (10,696 ft)

If you sleep at the hut, the permits for PNT 07 and PNT 10 are included in the booking: check-in between ...

### Climbing

Climbing is limited to the zones set out in the park's management plan and must be registered in advance ...

[More on the park page](#)

### By cable car

Eight minutes from 2,356 to 3,555 metres (7,730 to 11,663 ft).

### On foot via Montaña Blanca

Trail PNT 07 leads from the road over Montaña Blanca to the Refugio de Altavista and La Rambleta; it also ...

### Loops from El Portillo

The trails of the northern rim start at the El Portillo visitor centre, among them No. 1 La Fortaleza and No. ...

### Bivouacking

Wild camping is prohibited.

## TOURS AND GETTING THERE • AD



OFFICIAL TOUR • 7 HOURS  
**Tenerife: Mount Teide Tour with Cable Car Ticket & Transfer**

ON GETYOURGUIDE ➤



SUNSET AND STARS • 9 HOURS  
**Teide: Guided Sunset & Stargazing Tour by Night with Dinner**

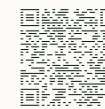
ON GETYOURGUIDE ➤



OBSERVATORY TOUR • 1.5 HOURS • FROM AT THE OBSERVATORY

**Tenerife: Mount Teide Observatory Guided Tour**

ON GETYOURGUIDE ➤



GUIDED NIGHT ASCENT • 6 TO 6.5 OR 10 HOURS • FROM LOS CRISTIANOS  
**Teide night hike to the summit for sunrise, permits included**

ON GETYOURGUIDE ➤



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