

TRAIL ITINERARY

Vilaflor de Chasna – Degollada de Guajara – El Filo – Volcanes de Arenas Negras - El Portillo Alto – Degollada del Cedro – Ladera de Tigaiga – Chanajiga – Tigaiga – El Asomadero – Mirador de la Corona – Rambla de Castro – Puerto de La Cruz

Starting Time	Santa Catalina st, Vilaflor 6:00 am, 05 th June 2021
Finish Line	Martianez Beach, Puerto de la Cruz
Maximum Duration	14hours and 30 minutes.
Distance	71 km
Type	Hiking path 52%, dirt track 35% and asphalt 13%
Acc. Altitude gain	3.501m
Acc. Altitude loss	4.874m
Altitude Departure Point	1.378m
Maxium Altitude	2.520m

