

Contents

Foreword	5
Tourist tips	8
Walking on Gran Canaria	12
Information and addresses from A-Z	16
The north	26
1 From Cruz de Tejada to Artenara	28
2 From Artenara to Tamadaba	32
3 From Artenara to Acusa Verde	36
4 Up to Altavista	38
5 On the Tirma track to the steep coastline of the north west	40
6 From Los Berrazales to Tamadaba	42
7 From Tamadaba into the Agaete valley	44
8 To the beach from Guayedra	48
9 From Agaete to La Caleta and El Juncal	52
10 From Los Pérez reservoir to Artenara	54
11 From Artenara to Fontanales	58
12 From the Mirador Pinos de Gáldar to Guía	62
13 From Firgas into the Barranco de Azuaje	64
14 From Fontanales to Teror	68
15 From Fontanales to Valleseco	72
16 From Cruz de Tejada to Teror	74
17 To the volcanic crater of Bandama	78
18 Through the Barranco de la Mina	80
The south	82
19 From Cruz de Tejada to La Goleta	84
20 Walk round Roque Nublo	88
21 From the Museo Mirador to the mountain pass on El Aserrador	90
22 Round walk from Tejada	92
23 From Ayacata to La Culata	94
24 From Ayacata to Cruz Grande	96
25 Over Pico de las Nieves to San Mateo	98
26 Through the Barranco de Guayadeque to Valsequillo	102
27 From Caldera de los Marteles volcanic crater to Santa Lucía ..	106
28 From Tejada to El Carrizal	110
29 From El Carrizal to El Aserrador pass	114
30 From the top of El Aserrador pass to Cueva de las Niñas reservoir	116

31 From La Aldea de San Nicolás to Cueva de las Niñas reservoir	120
32 From Cueva de las Niñas reservoir to Mogán	124
33 To Güi Güi beach	128
34 Beside the big reservoirs: from Casa de la Data to Cercados de Araña	130
35 From Cercados de Araña to San Bartolomé de Tirajana	132
36 From San Bartolomé de Tirajana to Ayagaures	136
Index	140