

# Waveney Ramblers    Guia de Isora 4    Los Gigantes to Guia de Isora

OS Map:    Track:    [GPX for SatNav](#)    6.5 Miles    Updated: 2020-01-16

Walking: 722 metres ascent (2370 ft). 189 metres descent (620 ft).

There are five walks to the coast in this guidebook. This one is probably the easiest and quite pleasant. The short section of road between the TF-1 and Guia de Isora is busier but there is a wide verge for a lot of this section. The start of the walk through Los Gigantes and along the coast road is less interesting.

Of course this walk can be done in reverse for a much less arduous outing.

The route is all on tarmac. It's useful if you'd like a break from the rocky paths at higher altitude.

In winter, you may notice a welcome temperature drop as you gain altitude.

Catch the 493 or 494 bus from Guia de Isora bus station down to Los Gigantes. Get off at the last stop. Both buses go via Playa San Juan. The 494 goes via Piedra Hincada.

Follow the coast south using any route that takes your fancy.  
Envy the sun bathers filling their arteries with cholesterol and getting fat.  
Anticipate the 2000 foot climb to come.

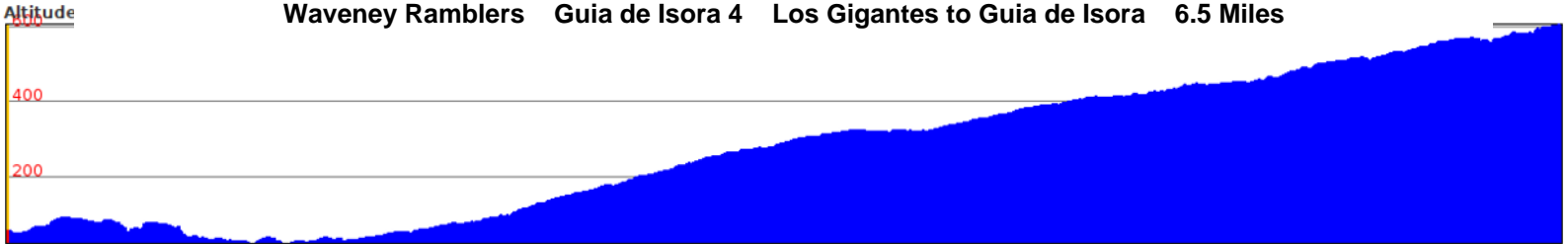
At the southern end of La Arena, bear left on the main road to join the coast road TF-47, NE.  
Cross using the footbridge.  
In the little village, turn right, south, along Calle del Agua.  
After 100 metres the road bends left, east, and the main ascent begins.  
Ignore the many entrances to banana plantations and other farms.

The view improves as you gain altitude. Remember to look behind you!

There are few road junctions. At the first turn left, north.  
The next joins a slightly busier road, turn right, SE.

Continue SE all the way to Guia de Isora.  
The road wiggles due to the terrain but averages SE.

Cross under the TF-1 and head into town on this busier road.



**Los Gigantes to Guía de Isora  
6.5 Miles - Guía de Isora - 4  
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