

Route planner

1. From the exit towards Las Chafiras, San Miguel de Abona to the Museo Casa El Capitán and the Historical Artistic Quarter of San Miguel de Abona

Distance: 9.2 km

Approx. time needed: 20 minutes

Estimated time for visit: 45 minutes

The route begins at Las Chafiras from where we head for the municipality of San Miguel de Abona following the indications on the roundabout we come to after leaving the highway. When you arrive at the roundabout at the end of the TF- 655, follow the road towards San Miguel de Abona, in this case along the TF- 65, the road to Los Abrigos. At the junction of this road with the main road to the South, the TF- 28, better known as the "Old Main Road", you need to turn left to reach El Calvario street, which is where the El Capitán Museum and House is situated; its entrance is well signposted.

2. From the Historical Artistic Quarter of San Miguel de Abona to the village of La Hoya and path to Tamaide

Distance: 3 km

Approx. time needed: 20 minutes

Estimated time for visit: 2 hours

El Calvario street will take you back to the Main South Road, the TF- 28. Once there, turn left towards El Roque. This small village is just under two kilometres away. As you arrive, drive a short distance past the turn-off to La Escalona and Jama (don't take it) and turn left down El Rincón street. After 150 metres you come to a fork. Turn down the right fork, Camino La Hoya street, towards Aldea Blanca. The village of La Hoya is situated approximately one kilometre from this fork. The starting point of the path to Tamaide is opposite the village.

Estimated distance:

19.3 km

Estimated time overall:

5 hours, 40 minutes

Estimated time for car travel:

50 minutes

Stops:

- El Capitán Museum and House
- San Miguel de Abona Historical Artistic Quarter
- Village of La Hoya
- Path to Tamaide
- La Centinela viewpoint

Other points of interest:

- San Miguel de Abona farmer's market
- Sendero Monte Cho Pancho (Path)
- San Blas Environmental Reservation

Route planner

3. From the village of La Hoya to the Mirador de La Centinela (viewpoint)

Distance: 3.6 km

Approx. time needed: 10 minutes

Estimated time for visit: 20 minutes

To reach La Centinela viewpoint from the village of La Hoya you have to return along the same road as far as the junction with the Main South Road, the TF-28. At the junction, turn left and travel some two and a half kilometres in order to take a turn-off on the left-hand side, situated at a very pronounced bend in the road. The turn-off will take you straight to the La Centinela viewpoint, from where you can marvel at the excellent views, from the coast up to the mountaintops.

Start

San Miguel de Abona

From the heart of one of the largest banana farms on the island to the rich landscape of its upper slopes, the municipality of San Miguel de Abona has a number of attractions hidden in wait, beyond the thriving tourist industry on the coast.

San Miguel de Abona turns out to be a remarkable municipality where the traditions, the architecture and the rural environment reveal the history of this corner of Tenerife. By means of the proposed visit, visitors can learn about the farming past and present in this town, take pleasure in the typical, traditional architecture of the south of the Island, get to know some of the most exemplary spots of the municipality, enjoy exceptional views and scenery and discover some remnants of the most significant moments in San Miguel de Abona's history.

For many years, rain-fed crops (cereals, potatoes, fruit trees and vines) were the main economic activity in this land of limited water resources and intense sunshine that belonged to the aboriginal kingdom of Abona, one of the "kingdoms" into which the Island was divided in pre-Hispanic times. The population of the area struggled constantly against these climatic conditions that nowadays attract millions of tourists from all over the world but which were a tremendous hindrance to farming, previously indispensable in order to survive. The traditional use of "jable" (granular pumice) in order to retain the humidity in the soil, among other uses, is a result of these difficulties and of the efforts put in by the Island farmers across the centuries. Along with this crop system that is part of the identity of the middle slopes of this area of Tenerife, the introduction from the twentieth century onwards of irrigated crops such as bananas and tomatoes, mainly for export, diversify and enrich the agricultural activity in San Miguel de Abona and transform the landscape.

UTM Coordinates:

28.098478, -16.617125

Geographic Coordinates:

28°05'54.52"N 16°37'01.65"W

Further information:

www.sanmigueldeabona.org

Stops

1. El Capitán Museum and House

The stately "Captain's House" which takes its name from a former owner, a captain in the militia, nowadays belongs to the Local Council of San Miguel de Abona, that has reserved it for use as a museum about the municipality's history and culture.

The house known as "The Captain's" was the property of a prominent family in the municipality of San Miguel de Abona from the XIXth century onwards, the Alfonsos. It acquired its name from one of their descendants, the militia captain Miguel Ángel Alfonso Marrnez. Badly damaged by a fire in 1978, nowadays the house belongs to the Local Council which took on the conversion and has turned it into a museum. Different, interesting exhibitions about the history of the municipality, its traditions and its culture make up the content open to visitors in the exhibition rooms of this lordly Canarian mansion.

The function in this place, permanently changing and renewed, is currently a rich exposition about the heritage of San Miguel. We find halls dedicated to craftwork, above all to pottery because it happens to be the municipality's pottery centre. Thanks to the scanning of pre-Hispanic aboriginal pieces, it also provides information regarding the craft's features which, in spite of their endurance over time, have their roots in the aboriginal period. As well as using modern technology such as an immersive kiosk, interactive videos with recreations and virtual reality images, this is without a doubt a perfect window into the past and into the customs and traditions of a place on the hillsides of Tenerife

- Centre belonging to the Tenerife Rural Quality Network
- We recommend confirming the opening times of establishments

Location:

Calle El Calvario, 1. San Miguel de Abona (Town Centre).

Tel. : 922 700 887

E- -mail:

casa.capitan@sanmigueldeabona.org

Opening times:

- From Monday to Friday: 8:00 to 14:00 & 16:30 to 19:00

- Summer: 8:00 to 14:00

Entry free of charge

Group guided tours can be booked on 922 700 887.

Night- -Time guided tours through the historical town centre of San Miguel are organised departing from the Museum: "San Miguel by Night".

- Information and booking by telephone: 922 700 887

UTM Coordinates:

28.048186, - -16.623292

Geographic Coordinates:

28°02'53.47"N 16°37'23.85"W

Further information:

www.sanmigueldeabona.org

Stops

2. San Miguel de Abona Historical Artistic Quarter

From the "The Captain's" Museum and House a pleasant stroll allows you to discover the charm of the San Miguel Historical Artistic Quarter. Its streets and old buildings exude the history of the town and of the entire district.

A pleasant walk gives you the chance to discover the most representative buildings and hidden corners of San Miguel's Historical Artistic Quarter. From "The Captain's" Museum and House, the walk recommended starts down La Iglesia Street, where you will come upon the chapel of El Calvario. The same street leads to the municipal library, which occupies a one-hundred-year old building that has been a prison, a dwelling, a school and the Town Hall, and to the parish church of San Miguel Arcángel, constructed in the XIXth century and representative of the late Canary baroque style. Nearby stands the house of the illustrious* Juan Bethencourt Alfonso, a famed historian of the aboriginal culture. From here, walking down Garañaña Street, you reach the junction with Antonio Alonso street, where on the right you have what is known as the Casa Azul, now the San Miguel Town Hall, built in the 1920s as a residential home in the colonial style of Brazil. A former water cistern belonging to the house accommodates the "El Aljibe" exhibition room and a sculpture dedicated to the traditional dance, the *Isa*, decorates its gardens. In order to return to the "The Captain's" Museum and House you can continue as far as La Constitución square along the TF-65 or through Antonio Alonso and Constitución streets. 100 metres away is La Iglesia Street. If you follow it to the left, it will take you back to the start.

Location:

Calle de la Iglesia. San Miguel de Abona (Town Centre).

UTM Coordinates:

28.098286, -16.617322

Geographic Coordinates:

28°05'53.83"N,16°37'02.36"W

Further information:

www.sanmigueldeabona.org

As a result of continued renovation in the management of the municipality's heritage, this visit incorporates a new and innovative experience characterised by its originality. "Intelligent beacons" have been installed throughout the route which, thanks to the use of mobile telephones, allows us to obtain more information about the more important points within the historic collection. In this respect, new technologies widen horizons and enhance even more what is already a well-recommended visit to this historic centre.

* (canonical title)

- We recommend confirming the opening times of establishments

Stops

3. Village of La Hoya

From the "The Captain's" Museum and House a pleasant stroll allows you to discover the charm of the San Miguel Historical Artistic Quarter. Its streets and old buildings exude the history of the town and of the entire district.

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* (canonical title)

- We recommend confirming the opening times of establishments

Location:

Camino Lomo de la Hoya, km 1. San Miguel de Abona.

UTM Coordinates:

28.085328, -16.631517

Geographic Coordinates:

28°05'07.18"N, -16°37'53.46"W

Further information:

www.sanmigueldeabona.org

Stops

4. Path to Tamaide

The path to Tamaide situated opposite the village of La Hoya has panoramic views of the coast of San Miguel, Granadilla and Arona and of the Roque de Jama Natural Monument and La Centinela viewpoint.

This path belongs to one of the branches off the section of the "Royal Highway" (network of bridle paths financed by the Crown) from Chasna, that linked La Orotava with Vilaflor. From the time of the guanches until now, the Royal highways have played a key role in communications on the island, as they have served to unite the different communities and facilitate contact between them.

The path is situated in a ravine from "coast to mountain top", typical of the middle slopes of the south of Tenerife, the vegetation being characteristic of the Euphorbias (spurges). Without doubt, the Tamaide spring is one of the main points of interest, both as an element of the landscape, as well as for its historical value as a water supply, serving as a watering place for livestock and for washing clothes in times past.

5. La Centinela Viewpoint

From the time when the guanches inhabited these lands, and in the centuries after the Conquest of Tenerife, places such as this served to keep a lookout for the arrival of the feared slavers or pirates. Today, the extraordinary views from this vantage point have no other object than to gladden the hearts of those who contemplate them.

At the foot of the Roque de Jama Natural Monument, the Montaña de La Centinela (Sentinel Hill) was used even before the Conquest, thanks to its excellent views, as a strategic lookout point along the coast to warn of the possible arrival of slavers or pirate ships, whence its name. On this mountain, nowadays a modern viewpoint is located that offers the opportunity of surveying extraordinary views that span the ocean as far as the horizon.

The countryside that can be seen all around makes the viewer realise the importance that farming has always had in this area of the Island and still does to this day. As can be seen, greenhouses with irrigated crops cover a large part of the land nearest to the sea. Equally, the advance of tourism can be seen which also occupies a considerable part of the coastal area.

- We recommend confirming the opening times of establishments

Location:

Camino Lomo de la Hoya, km 1. San Miguel de Abona.

UTM Coordinates:

28.086442, -16.628456

Geographic Coordinates:

28°05'11.12"N,16°37'42.24"W

Further information:

www.sanmigueldeabona.org

Location:

Main road Valle San Lorenzo, km marker 94. San Miguel de Abona.

Tel.: 922 764 088 & 678 509 435

The timetable of the cafeteria located at the viewpoint is:

- Monday to Saturday, 10:00 to 23:00.

- Sundays: 12:00 to 18:00

UTM Coordinates:

28.078267, - 16.639375

Geographic Coordinates:

28°4'41.76"N, 16°38'21.75"W

Other points of interest

San Miguel de Abona Farmer's Market

The San Miguel de Abona farmers' market gives you the chance of purchasing the excellent local produce right from the producers. Fruit, vegetables, cheeses, home-made liqueurs, wines, pastries and flowers are some from the products that can be acquired in the many stalls, all run by the farmers themselves.

- We recommend confirming the opening times of establishments

Location:

Calle Modesto Hdez. González, s/n.
Pol. Industrial Las Chafiras. San Miguel de Abona.

Tel.: 922 167 371 & 679 281 784

E- -mail:

mercadosdelagricultor@sanmigueldeabona.org

Opening 1mes:

- Saturdays and Sundays from 8:00 to 14:00

- Wednesday from 15:00 to 19:30

UTM Coordinates:

28.04945, - 16.61778

Geographic Coordinates:

28°2'58.02"N, 16°37'4.00"W

Further information:

www.mercadosdelagricultor.com

Sendero Monte Cho Pancho Path

This path connects the town of El Roque with the Cho Pancho Recreational Area, is 3.5 km long and is of low difficulty. It is located in the north of the municipality of San Miguel de Abona, very close to the neighboring town of Vilaflor. Undoubtedly, the tour will bring us closer to the peculiarities of the place, discovering the most important features of its natural and cultural singularities. Without forgetting the great patrimonial wealth of the area, which allows anyone who sees it to get closer to the rural world of this area in the south of Tenerife.

Location:

Plaza de la Iglesia de San Roque, San Miguel de Abona

UTM Coordinates:

28.098286, - 16.617322

Geographic Coordinates:

28°05'53.83"N, -16°37'02.36"W

Furhter information:

www.sanmigueldeabona.org

Other points of interest

San Blas Environmental Reservation

The San Blas Environmental Reservation is an eco-tourism site of great historical, cultural and scenic value. Concentrated in a beautiful volcanic environment, the centre offers many attractions for visitors. Always with scientific rigour and a strong commitment to sustainability, its themes revolve around the natural and historic use of the resources of the place, from the guanches until the present day. Actors recreating the work outdoors of times past and a full multimedia interpretation centre are some of the many surprises integrated in San Blas Environmental Reserve.

- We recommend confirming the opening times of establishments

Location:

Main Road Los Abrigos, Urbanización San Blas. San Miguel de Abona.

Tel.: 922 749 010 (Ext. 3)

For visits, information and reservations, telephone 922 749 010

Opening times:

- Closed: Tuesday and Wednesday
Visits for groups of maximum 21 people

Entrance fee for visitors: € 12 (residents), € 15 (non-residents)

E-mail: reservas.sanblas@sandos.com

UTM Coordinates:

28.032131, - 16.598333

Geographic Coordinates:

28° 1'55.67"N, 16°35'54.00"W

Further information:

www.sanblas.eu