

gastroguide

GRAN CANARIA

FLAVOURS OF VALSEQUILLO

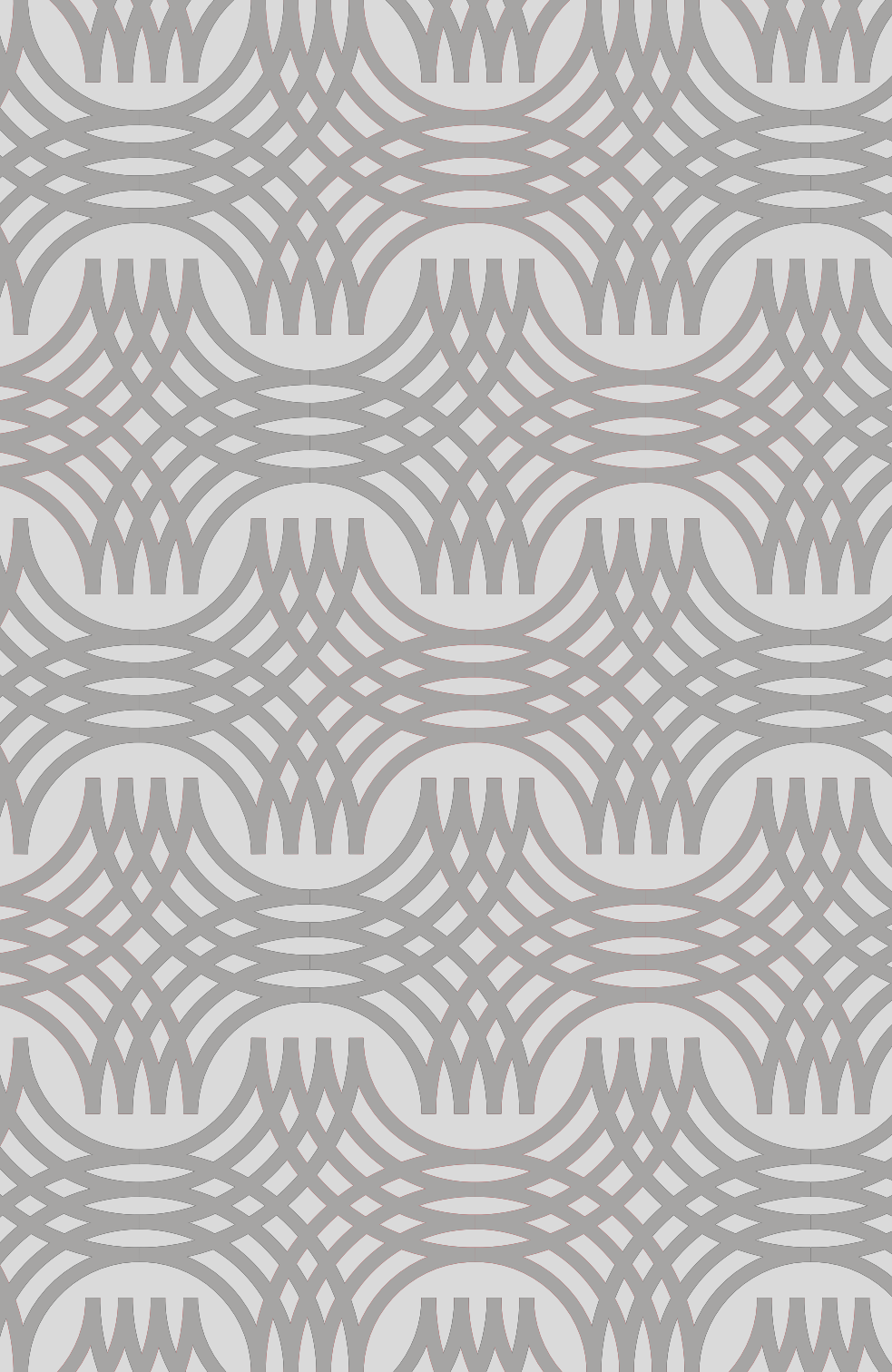


VOLCANIC
Experience

CANARY
LOCAL
PRODUCT



Fondo Europeo de
Desarrollo Regional



PRESENTATION

The Canary Islands are home to so many different landscapes, with a rich natural and agricultural heritage, much of which is protected by various regulations. The conservation of these unique areas, and the lifestyles of those who live on and care for these islands, depends largely on the development of projects aimed at appreciating their natural, cultural, and human heritage.

Local products currently offer a strategic resource to preserve these cultural landscapes and to reverse the depopulation of rural areas, bonding people with their homeland. Horticulture, livestock farming, fishing, and traditional crafts provide extraordinarily valuable assets on the Canary Islands that, within the new models of governance, are crucial to achieving food sovereignty, fighting climate change, and ensuring sustainable development, global tasks that are summarised in the United Nations Sustainable Development Goals for the year 2030. In this context, each of the Canary Islands has tremendous potential to launch actions that value and raise the profile of local products, traditional recipes, and spaces linked to the primary sector.

The collection of **Gastroguides** presented here, one of a series of proposals launched in pursuit of these goals, offers various guides around each of the Canary Islands. They will take you on a journey around our farming lands and landscapes as you discover our most important local products on the way. Taking you mainly along official footpaths and trails, the itineraries have been specially devised to benefit the communities that grow our food and continue to make ancestral recipes using traditional methods. These guides have been designed for foreign visitors who are interested in the gastronomy produced by our agricultural environment, as well as any residents looking to delve into the secrets of their island.





GRAN CANARIA



FLAVOURS OF VALSEQUILLO





VALESEQUILLO IS THE RESULT OF A SERIES OF EXTRAORDINARY NATURAL CONDITIONS THAT HAVE ENABLED A WIDE VARIETY OF LOCAL PRODUCTS TO FLOURISH THROUGH THE TOIL AND PERSEVERANCE OF THE PEOPLE HERE.

The unbreakable bond between people and the land has allowed the primary sector to flourish here, and today's livestock farming, agriculture, and bee-keeping sectors offer culinary wonders waiting to be discovered.

Located in the east of Gran Canaria, in the middle of the island, Valsequillo de Gran Canaria nestles amidst the municipalities of La Vega de San Mateo and Villa de Santa Brígida to the north, Telde to the east, and Ingenio and Agüimes at the highest points. Its location, between altitudes of 400 and 1,800 metres above sea level, mild temperatures, occasional rainfall and the creation of a sea of clouds thanks to the Trade winds have favoured the development of rich biodiversity.

Its characteristic forest mountains, wetlands and scrublands are home to highly diverse species spread all around a landscape inherited from the island's volcanic past. Gran Canaria's geological activity generated natural monuments such as the San Miguel ravine, the Roques de Tenteniguada rocky outcrops, and the Caldera de los Marteles crater, the starting point for our route.

Nature's bounties have undoubtedly enabled agriculture to prosper throughout Valsequillo. The fertility of the soil, the abundance of water, and its blessed climate all provide the necessary conditions for the primary sector to prosper, fostering the development of a spectacular culinary tradition and heritage. Products such as cheese, strawberries, almonds, honey, and tropical fruits, not to mention wine and oil, can all be found here, along with ancestral recipes developed through centuries of knowledge passed down through the generations, which are still being made today in homes and restaurants throughout the island.

And if you visit at the right time of year, you can discover festivities such as 'La Suelta del Perro Maldito', or the festival dedicated to the flowering of the almond trees, as you discover the local heritage, shaped by vernacular architecture but also by the area's historical-artistic heritage, which features strongly in the parish churches of San Miguel Arcángel and San Juan Bautista.





Local Products



**THROUGHOUT VALSEQUILLO,
SET IN THE HEART OF GRAN
CANARIA, FARMERS WORK
TIRELESSLY TO GET THE VERY
BEST OUT OF THEIR LANDS, AND
IN RETURN THESE LANDS HAVE
PROVED TO BE VERY GENEROUS.**



On the proposed hike, you will find long rows of fruit trees including almond and cherry trees, grapevines, strawberries, tropical fruits, olive trees, vast fields growing vegetables and other products of the land, which claim pride of place in kitchens the length and breadth of the Canary Islands.

CHEESES

The farming of goats, cattle and sheep has brought forth all manner of different cheeses made throughout the municipality. More than a dozen cheese shops currently operate under the 'Quesos Artesanos de Gran Canaria' label. 'Flor de Valsequillo' cheeses have recently won accolades at the *World Cheese Awards*, which praised the texture and creaminess of their goats' cheese. These cheeses can be bought in most local shops and also feature on the menu at numerous restaurants. They are usually served as part of a cheese board with quince and nuts.

Events such as the Regional Wine, Cheese, and Honey Fair are held every year, bringing together producers and consumers. The Fair has been running for ten years now and has become a major draw for tourists. There are dozens of stalls set up in the municipal pavilion, where you can sample these cheeses, and the cheese-makers will be delighted to tell you all about how they are made.

HONEY

Given the importance of honey, Valsequillo Town Council has set up a honey extraction and packaging plant in the neighbourhood of Los Llanetes, known as La Casa de la Miel. Local bee-keepers sell their honey within the municipality and elsewhere, and some hives, such as La Finca El Capote, have won several awards at the Gran Canaria Honey Contest. In 2018, there were over 1,400 bee hives on the island, according to Gran Canaria's Association of Bee-Keepers. There are different varieties available to buy, along with royal jelly, bee propolis and pollen at shops such as Apícola Canaria, supermarkets and small local shops as well as the Farmers' Market. Although honey-making has been affected by the forest fires that took place in 2019, since the loss of flowers directly affects bees, bee keepers are still working hard to produce this golden nectar.





WINE

The wines produced in Valsequillo are protected by the Gran Canaria Designation of Origin. Four bodegas offer exceptional wines, made using grape varieties such as the Listán Blanco, Listán Negro, Baboso, Malvasía Blanca, Malvasía Tinta, and Tintilla. Although not included on the hike proposed here, we recommend visiting La Bodega El Troncón and Bodegas Mogarén in the district of Las Vegas.

They both produce red, white, and dessert wines. They are also included in the selection of the Best Wines of Gran Canaria. Although the best way to sample these wines is in the very place where they were produced, you can also easily find them in supermarkets and specialist shops outside the municipality. Years of experience and quality have secured their position in the regional market.

STRAWBERRIES

The queen of all the fruits grown in Valsequillo, there is an annual strawberry fair held between April and May, as growers proudly showcase their produce with their intense and unmistakable flavour and aroma. Tasting sessions, prizes, and competitions to find the best jams and desserts are the ideal way to learn all about their unique characteristics. In season, they can be found all over the island, in supermarkets and sold by growers who set up stalls by the roadside on the GC-41.

They are sold on the very day they are picked, retaining all the fresh ripeness created by the perfect local conditions: cool nights, warm days and grown at an altitude between 500 and 800 metres above sea level. This crop thrives especially between the areas of Tecén and Tenteniguada.



ALMONDS

Almond trees in blossom are a glorious spectacle of nature. The first few months of the year, Valsequillo combines the greenery of their lush vegetation with the white and pink of their blossom, which is certainly something to celebrate. The festivities mainly take place in the neighbourhoods of La Barrera, Tenteniguada, Las Vegas and Valsequillo's historic quarter. Folklore, arts and crafts, and gastronomy all come together at this popular celebration, which includes the traditional cracking of almond shells and eating them in their natural state, appreciating all their flavour. To make the most of the blossom, you can hike through La Era de Mota and Tenteniguada.

EXTRA VIRGIN OLIVE OIL

Although not many people know about it, Gran Canaria produces some excellent Extra Virgin Olive Oil. This is an emerging sector in which Valsequillo is making a name for itself thanks to Viña Cantera, a plantation and traditional *guachinche* eatery that makes its own artisanal oil. Once the olives have been picked from their 150 olive trees, they are washed, milled and blended to extract the oil. Once filtered, around 500 litres of oil a year are packaged, recovering traditional agricultural practices that are broadening the perspectives of the Canaries' primary sector.

JAM

Given the island's intensive cultivation of fruit, strawberries must not be wasted. One traditional way to preserve them is by making jam. There are as many varieties as fruits, which means the flavours change every season. Water, fruit and sugar are combined simply to create the best accompaniment for our cheeses, bread, and breakfasts. You can find jams in local shops such as Valsabor, Dismepe or at Viña Cantera, where you can sample them there or buy them to enjoy at home. *Tunos indios* (a red skinned relative of the prickly pear), strawberries, figs, guavas, tomatoes and Canarian oranges offer up flavours to amaze and astonish.





Recipes and dishes



**OUR HISTORY CAN BE TOLD
THROUGH OUR KITCHENS AND
TRADITIONAL RECIPES,
PASSED DOWN THROUGH THE
GENERATIONS. DISHES THAT
BENEFIT FROM THE TOIL OF
OUR FARMERS, BUT ALSO FROM
NATURE'S OWN GENEROSITY.**

The traditional fare served in Valsequillo ranges from *chuchangos* (snails), pork and goat, to *jaramagos* (hedge mustard), and almonds (served sweet and salted), with dishes that have been recognised as part of the Canary Islands' intangible heritage. To showcase the richness of this region, here are a few of Valsequillo's culinary secrets.

POTAJE DE JARAMAGOS (HEDGE MUSTARD STEW)

Ingredients

Garlic, onion, salt, beans, hedge mustard, yellow sweet potato, pumpkin, potatoes, pork.

Method

Stir fry a few cloves of garlic to flavour the oil. Place some water in a pan, add the beans, salt, and hedge mustard. Add the rest of the ingredients while it cooks. Once all the vegetables are cooked through, it's ready to eat. You can serve it with a few spoons of *gofio*.

Where to eat

Restaurante La Culata II (requested in advance), made according to María Teresa Peñate's recipe.

GARBANZADA DE VALSEQUILLO

Ingredients

Chickpeas, onion, pepper, thyme, bay leaf, garlic, white wine, pork, chorizo, bacon, *morcilla* sausage, cooked tomato sauce (known as *tomate frito*), paprika and salt.

Method

In a large pan, gently fry the pepper, onion, thyme and bay leaf. As the mix turns golden brown, add the garlic and white wine. Add pieces of pork, chorizo and *morcilla* sausage. When it starts to bubble, add hot water, the *tomate frito* cooked tomato sauce (or tomato pasta sauce), chick peas, and paprika.

Where to eat

Cafetín Tifariti, recipe by Ángel Nuez.





FRIED PORK

Ingredients

Fresh pork, oil, salt, garlic and oregano.

Method

Chop the pork into pieces. In a mortar, prepare the marinade for the meat with oil, garlic and oregano. Pour the marinade over the meat and leave to absorb all the flavours. Stir fry the pork until golden.

Where to eat

Bar Rinconcito, recipe by Mercedes González.

GOAT STEW

Ingredients

Fresh goat meat, pepper, onion, bay leaf, thyme, black pepper, red wine, white wine, salt.

Method

Start by boiling the goat meat in water with salt to taste. Stir fry green and red peppers with the onion, bay leaf and thyme. Once the meat has been parboiled, add the stir-fried vegetables and mix together. While the mix is cooking, add a glass of red wine and another glass of white wine until you achieve the texture of a tasty stew.

Where to eat

Bar Rinconcito, recipe by Mercedes González.

STRAWBERRY JAM

Ingredients

1 kg strawberries, 1/2 kg sugar, lemon juice.

Method

Chop up the strawberries and place them in a pan, add the sugar, and cook for 30-60 minutes, stirring constantly. Add the lemon juice as a natural preservative (recipe by Pedro Suárez).



ALMONDS IN POPULAR COOKING

These highly prized nuts are used in many different ways, and in each home they have their own way of preparing them. Events such as the ‘Variá de la Almendra’ in the neighbourhood of Era de Mota are the best way to learn all about and sample almonds in all their forms.

The culinary uses of almonds include *horchata de almendras* (a chilled drink made with milk, cinnamon, and ground almonds), the *mojo de almendras*, the perfect sauce for bread and cheese; sugared almonds, soup, and almond pancakes.

ALMOND SOUP

Ingredients

300 g almonds, a small cup of oil, one small onion, three cloves of garlic, two tomatoes, 1/2 kg potatoes, thyme, bay leaf, ground black pepper, three litres of hot water, salt, saffron and cloves.

Method

Boil and peel the almonds before grinding them using a mortar. Fry the onion, garlic and tomatoes (peeled and de-seeded), adding flavour with the bay leaf, thyme and pepper. Add the peeled and diced potatoes together with the ground almonds. Cook over a medium heat. Add a pinch of saffron, leave it to stand, and it will be ready.

ALMOND PANCAKES

Ingredients

250 g almonds, 1 kg pumpkin, 400 g flour, one glass of milk, five eggs, 250 g sugar.

Method

Grind the peeled almonds, cook and mash the pumpkin. Add the eggs, the milk, sugar and flour, stirring until you get a thick batter. Pour spoonfuls of this batter into hot oil to form pancakes. When they have set, flip them, and remove them once they are golden. You can serve them with a sprinkling of sugar or honey (recipe courtesy of the residents association of Era de Mota).



Description of the itinerary



This hike will take you along the SL-1 trail, from La Caldera de los Marteles to the historic centre of Valsequillo, allowing you to appreciate the swathes of blue bugloss flowers that blanket the ground all the way to Tenteniguada.

The trail begins on a forest path, enveloped by the characteristic humidity of the mountains. The first urban section of the trail will take you through the neighbourhood of El Rincón before continuing through Tenteniguada until you reach the ravine. From here, over the San Miguel Bridge and past the Cuartel del Colmenar barracks, you will arrive at the historic centre of Valsequillo, the final destination on our journey.



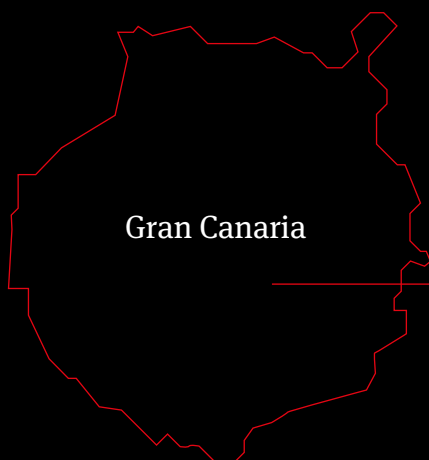
TIPS FOR MAKING THE MOST OUT OF THE ITINERARY

- You will come across several farms where you can chat to the farmers. Some farms have their own informal *guachinches*, where you can sample some excellent home-made food and buy some of their products.
- Make sure you visit some local cheese shops, bodegas, and places where you can enjoy the local cuisine. Head to the Farmers' Market too if you get the chance.
- Valsequillo might celebrate 'almond month' in January, but spring is the best season to hike the Blue Bugloss Trail. A spectacular floral show and pleasant temperatures for an unforgettable experience. In the summer months, you can sample the delicious cherries, picked in early July. From October onwards, the area turns its attention to almonds, chestnuts and apples.
- There are plenty of different options in terms of accommodation, including the cave-houses carved into the hillside, traditional Canarian homes such as El Palmito and El Colmenar, and villas with pools, such as La Llave, Villa Elena, and La Veleta. If you are looking for places steeped in history, two great options are the country cottages in Finca Don Emilio and the Casa Rural El Pedregal.



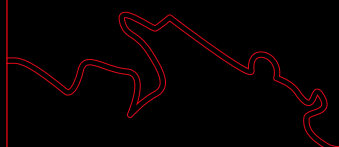


FLAVOURS OF VALSEQUILLO



PARADAS

- 1 Caldera de los Marteles
- 2 Base of Roque Grande
- 3 End of the trail
- 4 El Rincón de Tenteniguada
- 5 Tenteniguada
- 6 Plaza de San Juan
- 7 Tenteniguada Palm Grove
- 8 Ravine
- 9 San Miguel Bridge and Cuartel del Colmenar barracks
- 10 Casco de Valsequillo



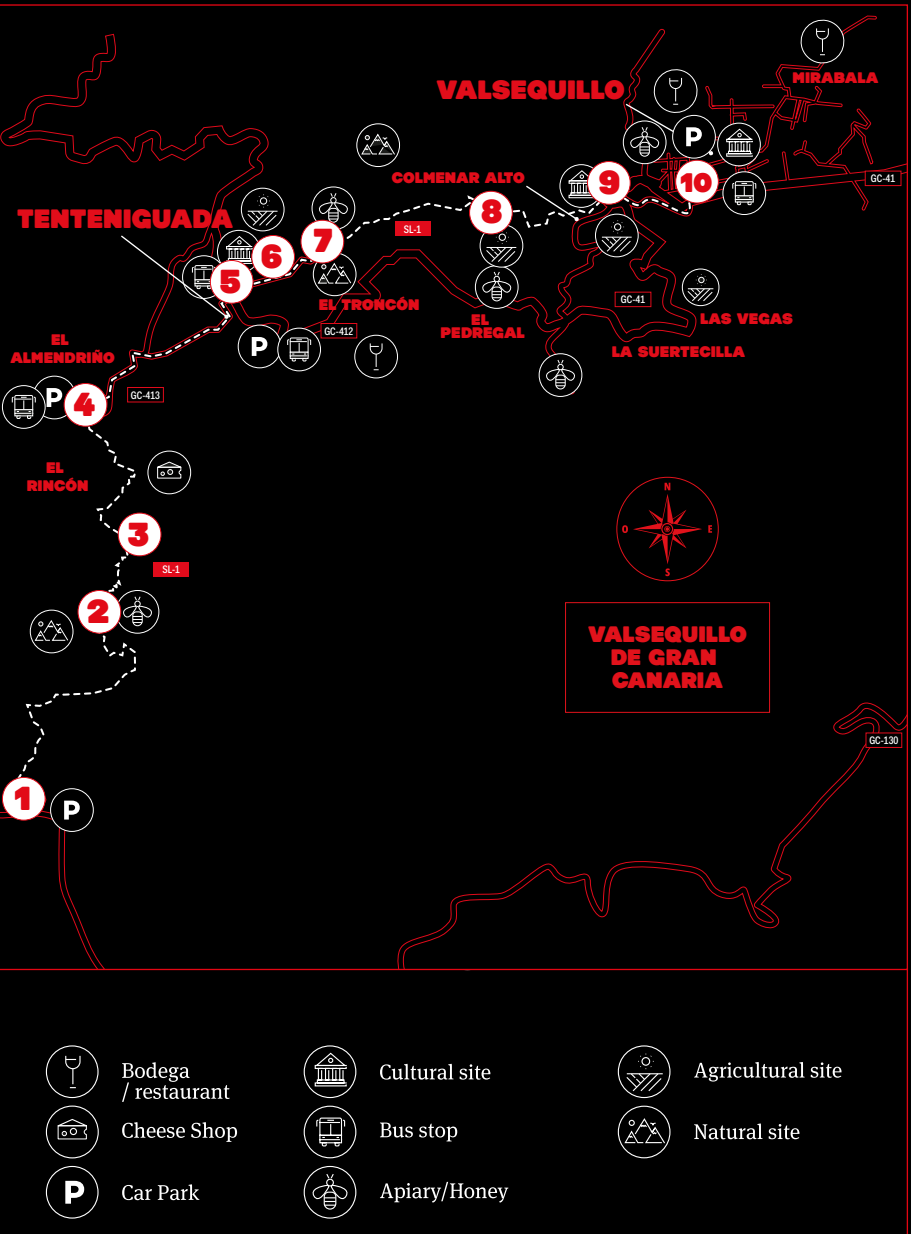
LEGEND

..... Proposed route

GC-413 Road

SL-1 Footpath

GENERAL MAP OF THE ROUTE





Ficha técnica

- **Localities:**
Valsequillo de Gran Canaria
- **Starting point:**
Caldera de los Marteles
- **End point:**
Casco Histórico de Valsequillo
- **Approximate duration:**
3 horas (sin paradas)
- **Approximate distance:**
7,6 km
- **Minimum/maximum altitude:**
539-1526 m
- **Difficulty:**
Low
- **Direction of the route:**
SE-NW to Tenteniguada / W-E to the Old Town
- **Mode:**
On foot

PERFIL DE LA RUTA



How to get there

By road, take the GC-130 from Telde, or the GC-132 from Las Vegas de Valsequillo. If you are coming by public transport, take the number 13 bus from Telde-San Mateo, operated by Guaguas Global. This route can also be hiked from Tenteniguada, following the trail designated Route 9 by Valsequillo Town Hall, in the opposite direction: Caldera de Los Marteles-Tenteniguada, via Los Alfaques.

Technical Recommendations

- Don't forget to bring water, snacks, a rubbish bag, sun cream, and a hat on hot sunny days. Check weather alerts beforehand and always follow the instructions given by official agencies regarding fire.
- Make sure you are wearing suitable clothing and footwear. Although the footpaths are in good condition, this is volcanic terrain, so you should wear sturdy non-slip footwear. We recommend taking a hiking stick or pole.
- The first rains of winter cover this terrain in a blanket of green. The humidity and steep slopes can create slippery areas along the path, so you should take great care to avoid falling.
- Be respectful of the environment, local heritage, and people. Throughout the hike, you will be walking through protected areas, so make sure you take nothing but photos and leave nothing but footprints.



1

CALDERA DE LOS MARTELES



| LOCATION

Reserva Natural de la Caldera de los Marteles (Valsequillo de Gran Canaria).

| HOW TO GET THERE

Take the GC-130, at the start of the SL-1 footpath, in a SW-NE direction.

| LOCAL PRODUCTS AND RESOURCES

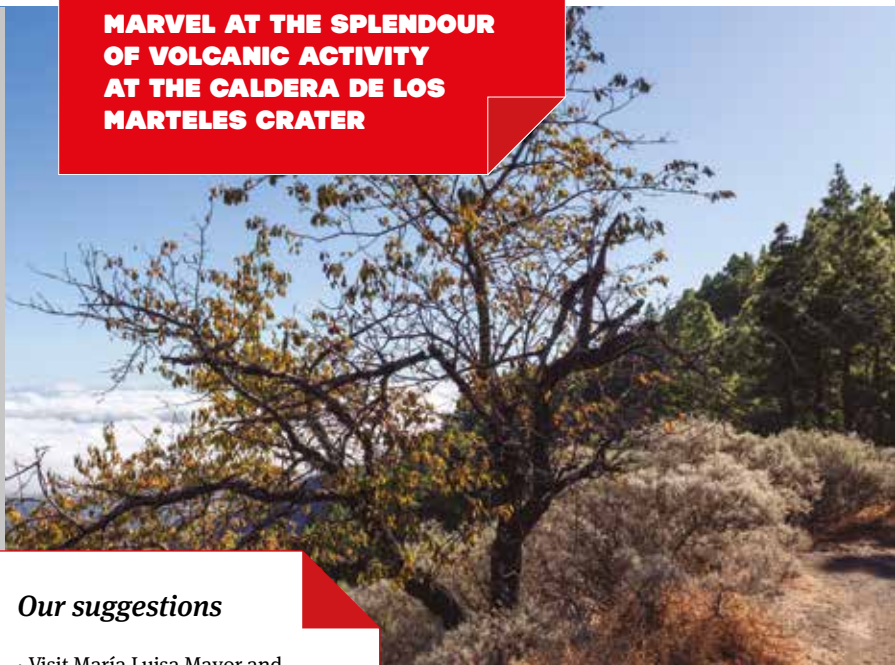
Goat's and sheep's cheese, wild cherries and fennel.

DESCRIPTION

In the North West of Gran Canaria, where ocean currents and trade winds play a fundamental role, we find the impressive Caldera de los Marteles crater, forged during the eruptive cycle after Roque Nublo, influenced by the action of underground waters during its active period. The crater is over half a kilometre in diameter and about eighty metres deep, creating a unique pyroclastic landscape 500 metres above sea level.

The mirador-viewing point at Caldera de los Marteles has a car park, which makes it easier to access. Various hiking routes begin at this point. Indeed, in 2011, Valsequillo was named the 'capital of hiking and walking', and through active tourism, the town has managed to retain this honour.

MARVEL AT THE SPLENDOUR OF VOLCANIC ACTIVITY AT THE CALDERA DE LOS MARTELES CRATER



Our suggestions

- Visit María Luisa Mayor and Sebastián Domínguez, at Quesos Zacarías, who keep cheese-making traditions alive thanks to their seventy strong flock of goats and sheep.

- In the countryside, you will find fennel growing, used to cleanse snails, which appear during the rainy season and are cooked according to one of the recipes included in the municipality's intangible heritage.

- In winter, you can see flowering cherry trees, the fruits of which are picked in summer. A year-round spectacle.

DON'T MISS...

The Special Nature Reserve of Los Marteles Protected since 1994 by Spain's legislation governing Natural Spaces, this area covers 3,500 hectares, encompassing the municipalities of Valsequillo, San Mateo, San Bartolomé, Ingenio, Santa Lucía, Agüimes, Telde and Tejeda. Here, the groundwater recharge process favours the survival of endemic species of flora and fauna.





2

BASE OF EL ROQUE GRANDE

**| LOCATION**

Reserva Natural de la Caldera de los Marteles (Valsequillo de Gran Canaria).

| HOW TO GET THERE

Base of El Roque Grande, 1.3 km from the starting point, following the SL-1 path.

| LOCAL PRODUCTS AND RESOURCES

Hedge mustard.

DESCRIPTION

Along this stretch of the trail, the landscape will allow us to understand the gastronomic wealth of Valsequillo ever since it first formed. You will pass by the Cuevas del Salviar, a series of caves used to shelter livestock and as a hide-out for hunters. The river source located around 800 m from the start of the trail is the proof of life here, giving rise to abundant vegetation growing in this shaded area.

We are entering terrain blanketed with blue bugloss, an endemic species of flower that can reach up to four metres in height. Together with the Tenteniguda thistle and the yellow broom shrub known here as *retama*, these flowering species create a unique landscape in spring. The Mirador de la Era viewing point is the ideal place to enjoy the spectacular panorama offered by this stretch of the trail, a favoured spot among shepherds and basket-weavers.

**YOU'LL FIND A CANVAS THAT
IS PAINTED ANEW EVERY
SPRING, AWASH WITH THE
BLUE OF BUGLOSS FLOWERS**



Our suggestions

- Allergy sufferers beware! Bee-sightings: their presence in the area, drawn by the blaze of flowering plants, indicates nearby honey hives.
- Basketwork: at fairs and markets, you can pick up traditional craft items made by local artisans.
- Forks in the road can take you to the Barranco de los Cernícalos ravine. Try to stick to the suggested trail.

DON'T MISS...

Hedge mustard is a winter plant that grows in grasslands and abandoned farmlands after heavy rainfalls. It is hard to buy, since almost no greenhouses grow it. You will, however, find it growing in abundance at the base of El Roque Grande.

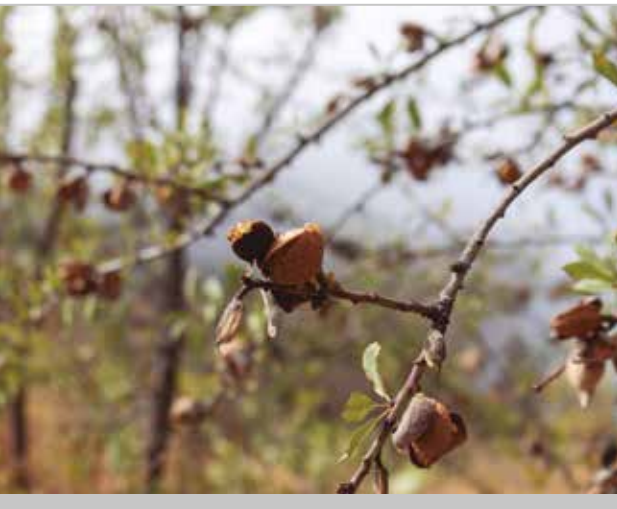
Valsequillo has the honour of protecting a recipe that is part of the Canary Islands' intangible heritage: hedge mustard stew, or *potaje de jaramagos*. You can sample this hearty stew during the Almond Blossom Festival, or it can be made to order at local restaurants, but it must be requested in advance as the hedge mustard must first be picked.





3

END OF THE TRAIL

**| LOCATION**

Reserva Natural de la Caldera de los Marteles (Valsequillo de Gran Canaria).

| HOW TO GET THERE

C/ Roque Grande, 6 (El Rincón de Tenteniguada). It can be reached via the SL-1 path, from the base of El Roque Grande

| LOCAL PRODUCTS AND RESOURCES

Almonds, apples, chestnuts, and nuts (stall).

DESCRIPTION

We are reaching the end of the Special Nature Reserve of Los Marteles. The landscape becomes dominated by crop land terraces cut into the hillside, where agriculture and its proximity to the neighbourhood of El Rincón de Tenteniguada will plunge you into this area's most vibrant tradition. Examples of vernacular domestic architecture remind us how strongly this area is tied to the land.

Along the way, you will find in nature the best fruits of autumn, which also feature strongly in the celebrations held on 31st October, known as 'La Noche de Finados', as locals roast chestnuts, toast almonds, crack nuts and peel apples, fun activities open to all those wishing to join in the festivities held to honour the dead. This marks the start of 'Los ranchos de ánimas' an ancient almost extinct musical tradition that dedicates unique lyrics to those who are no longer with us.

ALMONDS, WHICH PLAY A STARRING ROLE IN LOCAL FESTIVITIES AND TRADITIONS, MAKE THEIR PRESENCE FELT THROUGHOUT VALSEQUILLO



Our suggestions

- Taking part in popular festivities is the best way to discover the local gastronomy. Official websites and social media are the best way to find out when things are going on.
- Local restaurants often serve up an almond sauce or *mojo de almendras* with *papas arrugadas* (wrinkled potatoes) and cheese.
- In areas of crop land, you might be lucky enough to come across farmers along the way and buy their produce direct from them.

DON'T MISS...

You can sample some *mojo de almendras* (almond sauce), *horchata* (a chilled almond drink) as well as confectionery.

Valsequillo's Cultural Heritage Association has recovered a delicious recipe for almond soup, included by Vicente Sánchez Araña in his cook book *Cocina Canaria*.

The Almond Blossom Festival takes place between January and February, as these flowering trees transform the landscape.





4

EL RINCÓN DE TENTENIGUADA

**| LOCATION**

El Rincón de Tenteniguada (Valsequillo de Gran Canaria).

| HOW TO GET THERE

Calle El Pino and Calle Roque Grande (El Rincón de Tenteniguada), which can be reached via the GC-413.

| LOCAL PRODUCTS AND RESOURCES

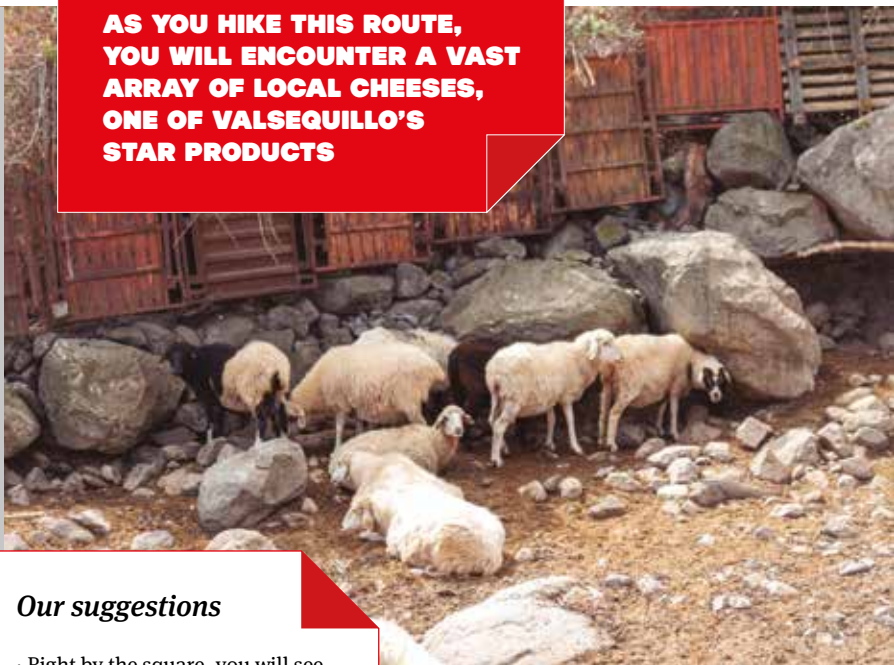
Goat's and sheep's cheese, wild cherries, fried pork and goat stew, home-made cherry liqueur.

DESCRIPTION

As you walk along Calle Roque Grande, you will come across the cheese shop of the same name, which makes cheese using milk produced by its own majorera goat and sheep flock. This family-run business makes around half a tonne of queso *semi-curado* (semi-mature cheese) a year, and a quarter tonne of queso *curado* (mature aged cheese). Why not pick up a few different kinds while you're here?

This is an ideal spot to admire the large rocky outcrops we have seen along the way and to regain our strength. At Bar Rinconcito, by the main square, they make a dish that is considered part of Valsequillo's intangible heritage: cochino frito or fried pork, a simple dish served in a cosy setting, where you can also sample some tender goat stew.

**AS YOU HIKE THIS ROUTE,
YOU WILL ENCOUNTER A VAST
ARRAY OF LOCAL CHEESES,
ONE OF VALSEQUILLO'S
STAR PRODUCTS**



Our suggestions

- Right by the square, you will see signposts to continue along your hike, which Valsequillo Town Council has designated Route 1.
- We recommend continuing along the GC-143 so you can avoid motorised traffic.
- At the end of Calle El Pino, you will find the first public transport service on the route, the number 13 bus operated by Guaguas Global, which runs three times a day.
- The Youth Association 'La Parada del Rincón' celebrates a Day of Traditions every spring.

DON'T MISS...

Cherries are emblematic of this neighbourhood, which celebrates its cherry festival in July. Summer is cherry-picking season, and some families use the smaller cherries to make liqueur by soaking them in rum. A home-made tippie made for their own consumption, to enjoy at family gatherings. In times gone by, cherry tree wood was used to make tools.





5

TENTENIGUADA

**| LOCATION**

Tenteniguada (Valsequillo de Gran Canaria).

| HOW TO GET THERE

Calle La Parada. Head from Calle El Pino to the GC- 143, where you will find stone stairs that take you to Calle Las Portadas. Continue along Calle La Pelota to reach the destination: GC-41 on Calle La Parada.

| LOCAL PRODUCTS AND RESOURCES

Meat and wine. Agriculture and traditional livestock farming.

DESCRIPTION

The history of Valsequillo stretches back to the earliest aboriginal inhabitants. Belonging to the *guanartemato* (territory governed by the *guanarteme* or chief) of Telde, it is home to some important archaeological heritage composed of various cave settlements. As a legacy of this past, Tenteniguada retains its name, according to the famous chronicler Jacinto Suárez Martel, as a “place of abundant water”. Given the fertility of its lands, it undoubtedly lives up to its name.

This settlement has continued to grow since the 16th Century, with agriculture and livestock farming providing subsistence for the families living here. Today, Tenteniguada offers all the services locals and visitors alike might need, including numerous establishments where you can buy local produce and sample home-made products.

**TRADITIONAL FARE AND
FRIENDLY SERVICE ARE
THE HALLMARKS OF
TENTENIGUADA, RETAINING
ALL THE FLAVOURS OF OLD**



Our suggestions

- From here, you can take the regular number 13 bus service run by Guaguas Global towards Telde. There is a Health Clinic on the main street running through this neighbourhood.
- There are signs and information to continue your hike in the small square in Calle La Parada.
- There is accommodation available in this area, which can easily be found in all major search engines.

DON'T MISS...

Restaurants such as El Puente - which specialises in excellent flame grilled meat - and Las Cañas Grill - serving meat, *paella*, and delicious entrées - represent the very best in Canarian cuisine.

There are also plenty of small shops such as Viveres El Puente, the famous shop owned by Rafaelita, where you can find local products such as honey, seasonal fruits, and everything you need before you set off on your hike again.





6

PLAZA DE SAN JUAN

**| LOCATION**

Tenteniguada (Valsequillo de Gran Canaria).

| HOW TO GET THERE

Calle San Juan, in the village of Tenteniguada, which can be reached from the GC-41.

| LOCAL PRODUCTS AND RESOURCES

Valsequillo cheese, *papas arrugadas* (wrinkled potatoes) with cheese and spicy *mojo* sauce, along with other traditional recipes.

DESCRIPTION

This is an ideal place to enjoy traditional architecture and understand more about the history of Tenteniguada. When you reach the heart of the village, the Plaza de San Juan, you will also have a chance to admire the mountainous formations you have already hiked across, as you take a well-earned rest.

This is just the beginning of your descent through an area dotted with farms and plantations, which have led to the establishment of small businesses such as Bar Ca' - Fermín, where you can enjoy a delicious serving of *papas arrugadas* made using potatoes grown on the farm, served with *mojo* sauce and Valsequillo's famous *queso tierno*, a mild and creamy cheese.

**AN IDEAL PLACE FOR
A LITTLE REST AND
CONTEMPLATION AFTER
A GOOD MEAL**



Our suggestions

- Don't miss 'La Noche de Brujas' (Witches' Night) on the eve of San Juan, when the streets become filled with high drama.
- Almond Festival: local crafts and gastronomy to enjoy an authentic experience of life here.

DON'T MISS...

The foundations of the Church of San Juan Bautista date back to 1916. Construction was initiated on 18th August by Pedro Suárez López, together with the master mason Juan Sánchez Báez and Miguel Monzón Suárez. The church was blessed on 23rd June 1917, on the eve of San Juan Bautista, coinciding with its previous affiliation to the Parish Church of San Juan Bautista in Telde.





7

TENTENIGUADA PALM GROVE

**| LOCATION**

Tenteniguada (Valsequillo de Gran Canaria).

| HOW TO GET THERE

You can find the best views from Calle Suerte del Pino, which can be reached via the GC-41.


| LOCAL PRODUCTS AND RESOURCES

Honey, vegetables, fruits, palm grove and traditional crops.

DESCRIPTION

The Tenteniguada Palm Grove, around three hundred metres from the square, reminds us that we are in an area of thermophilic forest, where various endemic species grow alongside the Canarian date palm (*Phoenix canariensis*). This is one of the most important green areas in the municipality, since its luxuriant foliage indicates the presence of water harnessed to grow crops in the area, where numerous farms are located.

Nearby, you will find the farm run by Pedro Suárez, a farmer who supplies local restaurants. Beans, onions, strawberries and large pumpkins are grown to make local recipes, such as strawberry jam. It will be quite an experience if you come across Don Pedro himself as he works the land, and he can talk to you about the produce he grows.



**HONEY, VALSEQUILLO'S
GOLDEN NECTAR, IS ONE OF
ITS MOST CHARACTERISTIC
PRODUCTS TODAY**

Our suggestions

- Buy directly from farmers in the area to get the best products.
- The palm grove is located in the Barranco de Tenteniguada ravine, on the right-hand side of the road, and it is not signposted.
- Careful! There might be livestock and pets roaming free around the farms.

DON'T MISS...

You will catch a glimpse of your first bee hives on this trail, including Casimiro and Peñate, which have been awarded the 'Gran Canaria Calidad' quality mark. Around a dozen bee-keepers benefit from the great variety of flowers that grow throughout the municipality, allowing them to produce a multi-floral honey from various nectars. These honeys, made by the Canarian black honeybee, can be bought in small shops throughout Valsequillo.





8

BARRANCO DE SAN MIGUEL RAVIN

**| LOCATION**

Tenteniguada (Valsequillo de Gran Canaria).

| HOW TO GET THERE

From the Plaza Llanos de San Juan in Tenteniguada, continue along the Camino Real de Las Casillas path.

| LOCAL PRODUCTS AND RESOURCES

Various crops, grapevines, corn, oranges, etc.

DESCRIPTION

Before a road had been built linking Tenteniguada to Valsequillo and Telde, this Royal Road was used by the local population to travel between the villages, to transport food, and to drive cattle. That is why there are paved sections to make transit easier, laid by those who walked this path in days gone by.

There is a notable change in vegetation, and the appearance of the Barranco de Tenteniguada ravine marks a significant change in the landscape with regard to the first stretch of the trail. Here you will see eucalyptus trees, wild olive trees, and Canarian spurges, together with reed beds, which are still used in basket-weaving. On this stretch of the hike, you will also see two traditional hamlets: Lindón, at the start of the Camino Real de las Casillas; and El Cuartel del Colmenar, as we reach the San Miguel Bridge. They were both built entirely with local materials.



A CULTURAL LANDSCAPE DOMINATED BY THE RAVINE AND CROP TERRACES

Our suggestions

- Walk along part of this ancient road, used by the first inhabitants of the island, which retains its old paving. Take care, because this area can be very uneven.
- Watch out for shepherds, who still drive their flocks through these lands, so you might come across livestock roaming through here.
- Watch the night-time run known as 'La Noche Mágica', which comes along this path as part of the celebrations in honour of San Miguel Arcángel, held every September

DON'T MISS...

The Tenteniguada ravine is surrounded by crop terraces that stretch out through the areas of El Pedregal and Los Santiagos, visible from this section of the trail. Grapevines, corn, carrots, courgettes, cabbages, chard and beans are also found throughout Valsequillo. Citrus fruit crops are favoured by the warm climate and humidity, producing juicy oranges that are large and sweet. You can buy them at the Municipal Market and on the roadside, sold by the growers themselves.





9

SAN MIGUEL BRIDGE AND THE CUARTEL DEL COLMENAR BARRACKS



| LOCATION

Valsequillo (Valsequillo de Gran Canaria).

| HOW TO GET THERE

San Miguel Bridge, by the GC-41.

| LOCAL PRODUCTS AND RESOURCES

Point of ethnographic and historical interest.

DESCRIPTION

The San Miguel bridge was erected in 1935, as a section of the GC-41 road was being built to link Valsequillo's old town with the neighbourhood of Tenteniguada. The importance of hydraulic power in this area is evident, and you can see one of the numerous mills to be found here right by the bridge.

The mill in El Colmenar, sometimes known as 'El Molino de los Pérez', was used as a washing place and to grind grain. It is the oldest mill in Valsequillo, and records indicate that it has been standing since at least 1758. In 1824, it became the property of Benito Pérez Galdós's forebears, and the original machinery is still in place.

**DISCOVER HISTORY
STRETCHING BACK FIVE
CENTURIES: EL CUARTEL
DEL COLMENAR BARRACKS**



Our suggestions

- You can reach the Pérez mill from the ravine, but you won't be able to go inside. From the fence, you can see the remains of the original machinery.
- The mill mechanism can be envisaged through the presence of a well.
- The barracks are private property so they are not open to visitors. However, in the old town, from the mirador-viewing point on Calle Sol, you can see their characteristic U shape.
- You can spend the night at the Casa Rural El Colmenar, just a stone's throw from this historic edifice. The road leading up from the barracks will take you to the GC- 41 road as you head towards your last stop on this hike.

DON'T MISS...

El Cuartel del Colmenar, the barracks built in 1530 for use by the military, was home to the Cavalry and provided a residence for troops and officers up until the early 20th Century. The barracks were restored in the 1980s and declared a Cultural Monument in the year 2003 on account of their historic and ethnographic interest, and because they are still in such good condition. The complex is spread over two storeys, and there is a parade ground. This was the birthplace of Sebastián Pérez Macías, father to Benito and Ignacio Pérez Galdós.



10

HISTORIC CENTRE OF VALSEQUILLO

**| LOCATION**

Valsequillo (Valsequillo de Gran Canaria).

| HOW TO GET THERE

Plaza de San Miguel, which can be reached via the GC-41.

| LOCAL PRODUCTS AND RESOURCES

Strawberries, Extra Virgin Olive Oil, D.O. wines, cheese, honey, fruit and vegetables, traditional recipes, etc.

DESCRIPTION

Related to the Conquest of Gran Canaria, and affiliated to Telde until 1802, the church of San Miguel Arcángel was built at the beginning of the 20th century, becoming the focal point for the subsequent development of the municipality.

Local businesses, such as the Frutería Caran, sell organic produce and products made in Valsequillo, including cheese and honey. Local farmer Antonio Peñate grows potatoes, onions, prickly pears and tomatoes, an unusual ingredient in this central area of the island, which you can sample in the delicious sandwiches served at Bar Donato.

We should also not neglect other traditional flavours that have been named part of the island's Intangible Cultural Heritage, including the award-winning chick pea stew known *garbanzada* served up by Angelito Nuez at El Cafetín Tifariti. And don't miss out on the modern cuisine available at La Tasquita El Escondite, with its exquisite fruit-based desserts that change every season.

**VALSEQUILLO OFFERS A
PERFECT CULMINATION TO
AWAKEN YOUR SENSES**



Our suggestions

- On the eve of the San Juan celebrations, youngsters put on a late-night street performance of a local legend known as 'La Suelta del Perro Maldito' (the running of the cursed dog).
- Visit La Palma, an organic farm right by the café/restaurant (*guachinche*) Viña Cantera, famous for its production of Sabrina strawberries.
- Head to the Farmers' Market on a Sunday, which sells products grown locally in Valsequillo.
- Try the wines produced by the Bodega Mayor y Monzón, in Los Juarezos, which also makes D.O. red wines.

DON'T MISS...

Viña Cantera is a *guachinche*, just a twenty-minute walk from the old town, which will take you back to the ambience that enveloped you. It has 12,000 vines that make four different varieties of wine, and 150 olive trees that produce 500 litres of artisanal extra virgin Juárez's oil. Fruit trees, vegetables and legumes are the basic ingredients served at this family-run establishment.

Some of its particularly original dishes include watercress bread and prickly pear bread; artisanal jams made from tomatoes, figs, strawberries and guava, as well as home-made ice creams made with seasonal fruits.





Where to eat and drink

BAR RINCONCITO

El Pino, 4, El Rincón | Tel.: 928 570 014 |

Opening times: Monday to Friday, 11am to 3pm, and 6pm to 11pm. Sundays, 10am to 11pm. **Closed:** Tuesdays.

In the quiet neighbourhood of El Rincón, you can sample all home-made soups, stews, pork and goat dishes.

RESTAURANTE EL PUENTE

La Parada, 5, Tenteniguada | 928 570 415 |

Opening times: Fridays, 8pm to 11:30pm. Saturdays from 11am to 11:30pm. Sundays from 11am to 4:30 pm. **Closed:** Monday to Thursday.

Premium quality meat with excellent service. Home-made desserts and ingredients grown locally. Easy to access with nearby parking.

LAS CAÑAS GRILL

La Parada, 8, Tenteniguada | 928 571 292 |

Opening times: Monday and Tuesday, from 11am to 11pm. Wednesday to Sunday: 10am to midnight. **Closed:** Wednesdays.

Traditional cuisine made with local products, meat dishes, and hearty stews are served in a cosy setting.

BAR CA'FERMÍN

San Juan, 4, Tenteniguada | 619 569 662 |

Opening times: Monday to Thursday, 12am to 4pm. Friday to Sunday, 11:30am to 11pm. **Closed:** Tuesdays.

This is an ideal place for an informal relaxed meal. The owner makes all the dishes served using food grown on their own farm.

CAFETERÍA EL PILAR

León y Castillo, 4, Valsequillo | 928 5711 94 |

Opening times: Opening times: Monday to Friday, 6am to 6pm. Saturdays, 6am to 3pm. **Closed:** Sundays.

Right by Valsequillo Town Hall, this café is the perfect place for breakfast or snacks with fresh pastries and coffee.

PICOTEO SAN MIGUEL

Isla de La Gomera, 7, Valsequillo | 928 705 213 – 628 769 813 |

Opening times: Tuesday to Sunday, 6:30pm to 11:30pm. **Closed:** Mondays.

Famous for its chicken and beef burgers, this is an ideal place to enjoy a vibrant youthful atmosphere by the Plaza Tifariti.

BAR CAFETERÍA BEÑESMÉN

Isla de La Gomera, 11, Valsequillo | 928 571 260 |

Opening times: Monday to Friday, 6pm to midnight. **Closed:** Tuesdays.

A mainstay of village life, this café-bar has been serving up home-made American style burgers for generations.

RESTAURANTE ASADOR HIJOS DE ORTEGA

Plaza de San Miguel, 3, Valsequillo | 928 705 043 |

Opening times: Thursday to Saturday, 10am to 5pm, and 7pm to midnight. Sundays, 10am to 5pm. Sundays, from 10am to 5pm. **Closed:** Monday to Wednesday.

With unbeatable views of the Church of San Miguel, this restaurant specialises in suckling pig, lamb, kid goat, and traditional gastronomy.





CAFETÍN TIFARITI

Plaza de Tifariti, s/n, Valsequillo | 928 705 196 |

Opening times: Monday to Sunday, 7am to midnight.

In the heart of the Plaza de Tifariti, here you can sample some award-winning tapas and dishes made with local products.

BAR ASADERO TITO

Plaza de San Miguel, 4, Valsequillo | 928 570 222 |

Opening times: Monday to Friday, 7:30am to 2pm, and 7pm to 11pm. Saturday and Sunday: 7:30am to 4pm.

Right in the heart of the Plaza de San Miguel, this restaurant specialises in roast chickens. The terrace is an ideal place to take in and enjoy village life.

TASQUITA EL ESCONDITE

Avda. Juan Carlos I, 9, Valsequillo | 928 705 436 |

Opening times: Tuesday and Wednesday, 8:30am to 4pm. Thursday and Friday, 8:30am to 4pm and 8:30pm to midnight. Saturdays from 1pm to 4pm and 8:30pm to midnight. **Closed:** Mondays and Sundays.

Modern, quiet, with excellent service, this establishment serves high quality original home-made dishes. Vegetarian and gluten-free options available.

RESTAURANTE LA CORDERITA

Avda. Juan Carlos I, 15, Valsequillo | 928 705 661 |

Opening times: Mondays and Wednesday to Friday, 9:30am to midnight. Saturdays and Sundays from 12pm to midnight. **Closed:** Tuesdays.

Extensive menu options with pizzas, grilled meats, tapas, and sandwiches. Spacious restaurant, ideal for large groups.

PAN Y PASTELERÍA LA PANERA

Benahoare, 2, Valsequillo | 928 571 845 |
www.pastelerialapanera.com

Opening times: from Monday to Friday, from 6:30am to 10pm. Saturdays, Sunday and public holidays: 8am to 9:30pm.

Bread, great coffee, and home-made pastries, ideal for breakfast and light bites. In season, we recommend the pastries and confectionery made using strawberries grown locally in Valsequillo.

GUACHINCHE VIÑA CANTERA

La Palma, s/n, Valsequillo | 618 439 903 |
www.guachinchevinacanteras.com

Opening times: Tuesday to Sunday: from 12pm to 5pm. **Closed:** Mondays.

Traditional Canarian food and roast-grill. Straight from the land to the table, it serves up stews of the day, exquisite grills, and 100% home-made desserts.

DULCERÍA & HELADERÍA SAN MIGUEL

Jacinto Suárez, 7, Valsequillo | 685 812 817 |
www.dulceria-heladeria-san-miguel.eatbu.com

Opening times: Monday to Sunday, 9:30am to 1:30pm, and 5:30pm to 9:20pm.

Coffee, cakes, pastries and ice creams are served at this beautiful historic establishment next to the Church of San Miguel. It has Wi-Fi and a children's play area.

RESTAURANTE LA CULATA II

Las Suertecillas, 1, Las Vegas | 928 570 479 |

Opening times: Monday, Tuesday, Thursday and Friday, 12pm to 10:30pm. Saturdays and Sundays, 12pm to 11pm. **Closed:** Wednesdays.





Traditional restaurant specialising in roasts and grills, where you can also order a watercress stew (upon request), and enjoy a delicious fish dish known as sancocho on Sundays. Ideal for celebrations and groups.

Where to shop

VÍVERES EL PUENTE

La Parada 11, Tenteniguada | 928 705 030 |

Opening times: Monday to Friday, 7am to 2pm, and 4:30pm to 9pm. Saturdays, 8am to 2pm, and 5pm to 9pm. **Closed:** Sundays.

Small shop where you can buy a wide variety of local food products, vegetables and fruit.

FRUTERÍA CARAN

Isla de Gran Canaria, 5, Valsequillo | 928 571 178 |

Opening times: Monday to Friday, 8:30am to 2pm, and 5pm to 8pm. Saturdays, 8am to 2pm. **Closed:** Sundays.

Fresh organic fruits and vegetables grown by Antonio Peñate. It also sells local cheese and honey.

VALSABOR

Camino Viejo, 48, Valsequillo | 928 570 134 | www.valsabor.com

Opening times: Monday to Friday, 8am to 2pm. **Closed:** Saturdays and Sundays.

Sale of locally produced artisanal food products: jams, mojo sauces, juices, honey, and *bienmesabes* (almond cream).

MERCADO AGRÍCOLA MUNICIPAL

Isla de Tenerife, s/n, Valsequillo

Opening times: Sunday mornings.

Local farmers sell direct to customers at this small market, where you can buy fruit, vegetables, spices, cheese and honey.

DISMEPE CANARIAS

Casa Quema, 9, La Barrera | 928 705 713 | www.dismepecanarias.com

Opening times: Monday to Friday, 8am to 8pm. **Closed:** Saturdays and Sundays.

Sale of local artisanal products. Oil, Valsequillo wines, dried fruits and nuts, jam, mojo sauces, biscuits, and aloe vera.

What to visit and do: bodegas, cheese shops, farms, etc.

TOURIST INFORMATION OFFICE AND INTERPRETATION CENTRE

Avda. Juan Carlos I, 8 | 928 705 761 | www.turismovalsequillo.com

Opening times: Monday to Friday, 10am to 1pm. Saturdays and Sundays, 10am to 2pm.

Here you can find out all about the municipality along with its history, thanks to the interpretation centre. The Town Hall also offers hiking routes all year round, and you can find out more here.

QUESOS ZACARÍAS

Caldera de Los Marteles-Los Bucios | 928 170 195 |

Family-run business with a long history of making cheese, offering direct sales of mature, aged cheese (*curado*) as well as slightly younger cheeses (*semi-curado*)

QUESOS FLOR VALSEQUILLO

Calle Salvia, 14 | 928 705 490 | www.quesosflorvalsequillo.com |





Opening times: Monday to Friday, 8am to 6pm. Saturdays, 8am to 1pm. **Closed:** Sundays.

The quality of their award-winning cheeses (including goats' cheese and mixed cheeses, as well as *curados*, *semi-curados*, and fresh cheeses) is truly exceptional.

QUESOS ROQUE GRANDE

Roque Grande, 3 | 928 570 188 |

Opening times: Monday to Friday, 8am to 5pm.

With a long tradition in cheese-making, the Santana family makes mature, aged cheeses (*curados*) as well as slightly younger cheeses (*semi-curados*) from raw milk, offering an intense flavour.

FINCA EL TRONCÓN

La Montaña, s/n | 928 221 013 - 686 393 95 |

Opening times: Monday to Friday, 9am to 9pm.

An ideal place to spend the day at its guachinche eatery and sample their young and barrel-aged red wines, as well as their wine liqueur. It is included within the Gran Canaria Designation of Origin label.

MOGARÉN

Las Moranas, 2 | 607 381 093 – 600 553 268 |

With over thirty years' experience, Segundo Martel is known for his barrel-aged red wines. It is included within the Gran Canaria Designation of Origin label.

MAYOR Y MONZÓN

Los Ortigas, 11 | 626 914 786 |

This family-owned winery makes around 4,000 litres a year. Its wines can be bought at markets and food fairs. It is included within the Gran Canaria Designation of Origin label.

FINCA PEDRO SUÁREZ

Suerte del Pino, 2b, | 676 780 913 |

JOSÉ NICOLÁS SANTANA MARTEL

El Majuelo, subida El Helechal | 928 705 157 |

FINCA MIGUEL CRUZ MARTEL

Las Casas – Calle El Pilón | 610 713 177 |

FINCA LA PALMA

Carretera La Palma | 670 811 819 - 662 121 277 |

FRESAS VALSEQUILLO

Final Calle La Palma | 627 654 540 |

FRESAS BIBI

Entrada Calle La Palma | 664 387 701 |

APÍCOLA CANARIA

Salvia, 18 La Barrera | 928 571 289 |

CASIMIRO Y PEÑATE

Llano de San Juan, 1 | 619 820 794 |

Around 300 hives with black honeybees produce this mono-floral honey.

LUIS GONZÁLEZ GALVÁN

Pérez Galdós, 9-3D | 654 257 958 |

ANTONIO LÓPEZ DÉNIZ

Montes de Malpedrosillo | 629 550 074 |

Placed first at the Gran Canaria Honey Contest.

MIEL EL CAPOTE

Urbanización El Pedregal, 6 | 629 882 341 |

First and second prize for clear honey at the Gran Canaria Honey Contest.



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