

LA GOMERA

ALOJERA, THE SWEET ESSENCE OF LA GOMERA





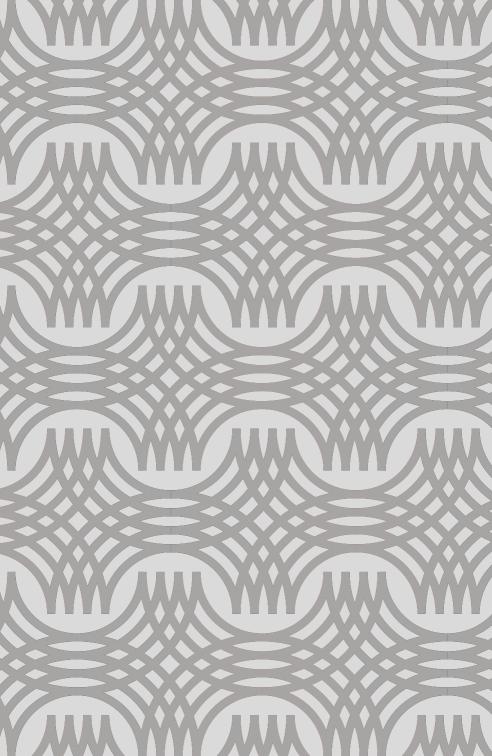








Fondo Europeo de Desarrollo Regional



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 onand 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.









THE ALOJERA VALLEY IS
A MICROCOSM OF PALM
GROVES, HILLSIDE TERRACES,
TRADITIONAL ARCHITECTURE,
AND LEGENDS OF OLD THAT
REGALE US WITH A WIDE
ARRAY OF EXQUISITE FOODS
AND DISHES.

This itinerary starts right on the north west edge of the Garajonay National Park, quickly leaving behind the humid subtropical laurel forests and taking you through a dazzling agrarian landscape of villages, palm groves, guaraperos (men who traditionally harvest palm tree sap), footpaths, hydraulic structures, and crop terraces.

With the majestic sheer face of El Lomo del Carretón looming imposingly in the background, and birds circling overhead as we walk, the Alojera Valley speaks to us of an ancestral culture, closely linked with the cultivation of Canarian date palms (*Phoenix canariensis*). Unsurprisingly, Alojera is home to most of the island's palm syrup producers, as well as the interpretation centre, Casa de la Miel de Palma.

Alojera was also traditionally known by the magical nickname of El Valle de los Espejos (Valley of Mirrors), a reference to the reflection of the water that sparkles in countless reservoirs. The harnessing of water, a resource that is as scarce as it is necessary in La Gomera, is fundamental to the prosperity of traditional economic activities that have brought forth products and production methods that form the backbone of the island's identity.

Palm syrup, Gomerón palm honey liqueur, *almogrote* cheese spread, sweets and pastries, jams, mistela liqueur wine, fresh fish, watercress stew, *gofio* flour, spicy mojo sauces, cheese... simply, they convey to us a culinary and gastronomic heritage that survives thanks to perseverance and tradition.

An edible legacy that you can sample throughout the itinerary proposed here. Sitting at a table in a restaurant, up to a bar, or at a shop counter, we will embark on a gastronomic journey enriched by conversation with the people we meet along the way. A route that will probably conclude at sunset, as the guarapero readies himself to climb the palm tree to extract the sweet juice that will then be turned into palm syrup, the ultimate culinary treasure in La Gomera.







Local Products



PALM SYRUP IS A GASTRONOMIC SYMBOL OF LA GOMERA, ESPECIALLY VALLEHERMOSO AND ALOJERA VALLEY. THE TRADITIONAL METHOD OF PRODUCTION HAS SURVIVED HERE EVEN THOUGH IT HAS DISAPPEARED FROM THE REST OF THE CANARY ISLANDS.





Palm syrup is increasingly prized on the island and elsewhere, acknowledged as a genuine delicacy used to make both sweet and savoury dishes. It is made by boiling palm tree sap, drawn from the date palm tree.

This treasured liquid is just one of many ways in which the bounties of the Canarian date palm are harnessed, which also include another popular product, *El Gomerón*, a sweet liqueur made by blending this syrup with a fortified liquor known as *aguardiente de parra*. The result is an intense liquid with plenty of personality. Another very popular liqueur is a sweet fortified wine known as *mistela*, made using white wine, spices, orange peel, and caramelised sugar.

Local cheeses, made chiefly using raw goat's milk, are another of the culinary delights we will find along the way. These cheeses are also used to make another of the island's most prized products: *almogrote*, an intensely flavourful spread made using mature cheese, pepper, tomato, and oil. Spread on a kind of melba toast known locally as *pan bizcochado*, it's the perfect aperitif to go with a good local wine.

In the fertile lands of Alojera, we will come across numerous fincas growing various horticultural crops, fruits and vegetables, including *papas* (potatoes) and *millo* (corn). Historically, these farming estates have supplied provisions to local residents. Gifts from the land that are used in countless local recipes, alongside freshly caught fish and locally reared meat.







Recipes and dishes



THE FOOD GROWN AND PRODUCED ON THE ISLAND OF LA GOMERA REPRESENTS IN ITSELF A WEALTH OF CULINARY HERITAGE, BUT WHEN USED IN DISHES AND RECIPES, IT TURNS THE ISLAND'S CUISINE INTO A TRUE GASTRONOMIC WONDER.

The products of La Gomera hark back to a rich ancestral culinary heritage, offering simple yet delicious traditional dishes rooted in the distant past.

As mentioned previously, the basic ingredients produced on the island, such as date palm syrup, cheese, fruit and vegetables are the central elements or a complement to many of the recipes we can sample on our itinerary.

Meat is also added to these ingredients, mainly goat, rabbit, and pork. These meats are used to make a variety of dishes including *carne de cabra* compuesta (spicy goat stew), *carne frita de cochino* (fried pork) and *chicharrones* (pork rinds). On the coast, fresh fish caught by local fishermen is used in dishes such tuna in cooked mojo sauce, enhancing the quality of these ingredients. These dishes can be found in restaurants around Alojera Valley, in the municipality of Vallehermoso and, naturally, all over the island of La Gomera.

It's an ideal dish to sample after a long hike, served with *gofio*, another of the island's stellar local products, which you can also try as an *escaldón*, mixed with fish or meat broth.

This dish is usually served as a starter or side dish, along with papas arrugadas (wrinkled potatoes) and the typical mojo (red or green). For dessert, palm syrup can often be found drizzled over delicacies such as leche asada (baked custard), frangollo (a spiced milky dessert made with cereals), gofio mousse, and tortas de cuajada (sponge cake made with fresh cheese). On our route, we should also not neglect other renowned desserts such as quesillo (flan), rosquetes de manteca and rosquetes de Vichy (fried doughnuts), galletas burras (biscuits), morones (similar to shortbread), bizcochillas (sponge fingers), torta de vilana (cake made using potatoes or sweet potatoes) and, of course, gofio mixed with date palm syrup. Confectionery and pastries are one of the hallmarks of the island's gastronomy.









Description of the itinerary

The entire itinerary can be covered using clearly signposted footpaths, which are in good condition, such as the GR-132 Camino Natural Costas de La Gomera, and with the exception of the stretch that takes us to the sheer face of El Lomo del Carretón, the route is all down hill. The route can be hiked in both directions, and you can even follow the route by car, since the CV-16 road runs almost parallel to the footpath. However, we suggest following the footpath downhill, starting out in the car park of the restaurant Los Chorros de Epina, walking down towards the famous natural spring and the village of the same name, before heading towards El Lomo del Carretón, and from there heading towards the Alojera Valley before finally reaching Alojera beach. At times we will be walking on rural footpaths, and at other times on paved paths. The itinerary is not without difficulty, particularly if the ground is wet, so you should take care.





TIPS FOR MAKING THE MOST OUT OF THE ITINERARY

- Call ahead to arrange a visit of one of the date palm plantations in Alojera to find out how this special syrup is made, along with other products. Several of the plantations have their own shop where you can buy local delicacies.
- Visit the interpretation centre, Casa de la Miel de Palma.
 Entrance is free, and in addition to a permanent exhibition, it also offers tasting sessions for palm syrup, *gomerón* liqueur, and palm sap, as well as various activities and craft workshops (check dates to book your place).
- Take a tour of the palm grove attached to Casa de la Miel de Palma. You can also arrange a group tour (between 15 and 20 people), but this must be booked in advance. An educational guided tour of the palm plantation costs around €50.
- Take a dip at Alojera beach or the nearby beach of Puerto del Trigo, which is now famous for hosting the international gathering The Rainbow Family.
- For keen birdwatchers, why not stop and see if you can spot the different bird species that inhabit El Lomo del Carretón.
- Chat to the locals in Epina and Alojera to find out more about their way of life.





ALOJERA, THE SWEET ESSENCE OF LA GOMERA



510P5

- 1 Terrace-Mirador Restaurante Los Chorros de Epina
- Chapel of San Isidro Labrador
- 3 Los Chorros de Epina
- El caserío de Epina
- 5 El Lomo del Carretón6 La balsa de Alojera
- Alojera
- 8 Casa de la Miel de Palma
- El palmar del pie del Blasino
- n Playa de Alojera

LECEND

••••• Proposed route

cv-16 Road

GR-132 Footpath



Bodega / restaur<u>ant</u>



Arts and crafts



Recreational area



Car Park

GENERAL MAP OF THE ROUTE





Technical details

Localities:

Epina and Alojera (Vallehermoso)

Starting point:

Mirador-Terrace of the Restaurante Los Chorros de Epina

End point:

Alojera Beach

Approximate duration

3 hours (without stops)

Approximate distance

7,1 km

Minimum/maximum altitude

1m/843 m

Difficulty

Medium

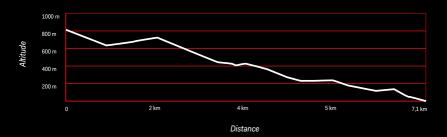
Direction of the route

Mirador-Terrace of the Restaurante Los Chorros de Epina - Alojera Beach (although the route can also be hiked in the other direction)

Mode:

On foot

OUTLINE OF THE ROUTE



How to get there

The route begins at the restaurant Los Chorros de Epina (GM-1 Road, km 46.5), where you can park your car. The restaurant can be reached easily using either of the two main roads on La Gomera, the GM-1 and the GM-2, from Vallehermoso or from San Sebastián de La Gomera. If you are using public transport, such as the guagua bus, take a number 5 bus from Vallehermoso or a number 8 bus from Valle Gran Rey, and ask the driver to stop at the Epina crossroads. The number 5 bus route also runs almost parallel to the footpath we are taking, so you could also take the bus back to our starting point.

To get to Vallehermoso from San Sebastián, you could take the number 2 BUS. We recommend checking out the times and prices on the following website: www.guaguagomera.com. If you are travelling as a group, it might also be a good option to arrange a private minibus or taxi service. Alojera has a 9-seater taxi that can be booked on 696 579 343. To contact the Vallehermoso taxi rank, call 922 108 159.

Technical Recommendations

- Any time of year is ideal for touring La Gomera, but after February, when date palm production begins, you have the opportunity to enjoy the palm sap extraction process, with the option of visiting plantations.
- The island of La Gomera was declared a Biosphere Reserve by UNESCO in 2012, and part of the route will take us through the Natural Monument El Lomo del Carretón, so we must respect our environment, including the traditional architectural heritage we will find along the way.
- Although the footpaths are generally in good condition, the level
 of difficulty of the trail is medium, with stony ground and steep
 slopes in some sections, so we recommend wearing appropriate
 clothing and footwear, and using hiking poles.
- Most of the walk will be across dry exposed terrain. Make sure you are properly protected from the sun and stay hydrated, especially in the hottest months of the year. Follow weather warnings, and make sure someone knows which route you are following.







TERRACE-MIRADOR RESTAURANTE LOS CHORROS DE EPINA



LOCATION

Epina (Vallehermoso).

| HOW TO GET THERE

GM-1 Road, km 46.5

| LOCAL PRODUCTS AND RESOURCES

Palm syrup, gomerón liqueur, Mistela liqueur wine, almogrote cheese spread, cheese, spicy mojo sauces, gofio, sweets and pastries, iams, and wines.

DESCRIPTION

The route begins on the terrace outside the Restaurante Los Chorros de Epina, right on the north west edge of the Garajonay National Park. At this first stop, you can see how the swathes of Monteverde forest make way for agricultural landscapes.

And before you have even taken the first steps on your hike, you can already sample most of the products and dishes you will encounter on the way, such as palm syrup, goat's cheese, and a whole host of sweets and pastries made by local producers.



- Eat at the restaurant or stock up on provisions before you set off.
- · If you have enough time, take in the views from the Alojera mirador viewing point at the top of El Lomo del Carretón (GM-1 ROAD heading towards Arure).
- · Chat with restaurant staff to find out all about the products and dishes they have on offer.

From the outdoor terrace or through the restaurant window, you will catch a glimpse of the beautiful little village known as El Caserío de Epina, one of the next stops on the hike. Take your time savouring the landscape along the route; you won't want to miss anything.







CHAPEL OF SAN ISIDRO LABRADOR



LOCATION

Epina (Vallehermoso).

I HOW TO GET THERE

From the GM-1 road, turn onto the Camino Natural Costas de La Gomera footpath.

| LOCAL PRODUCTS AND RESOURCES

Cultural and ethnographic resources.

DESCRIPTION

Just a few feet from the restaurant Los Chorros de Epina, heading towards the natural spring Los Chorros de Epina, we take the footpath known as El Camino Natural Costas de La Gomera, a gentle downhill stony path, sheltered by the Monteverde forest. This is one of the few stretches of this route that takes us through this fascinating forest from the Tertiary Period.

The final destination on this section of the itinerary is a large square in which a small chapel stands, housing a statue of San Isidro Labrador, along with another image of Our Lady of Carmel. This simple, modest chapel belongs to the village of Epina and was built in the first half of the 20th Century.



- · Take a moment in the square where the chapel stands to find out more about this building and its surroundings.
- · If you have time, wander along the path around the back of the chapel and enjoy more of the surrounding monteverde forest.
- · If you encounter a local from Epina, ask about their traditions and way of life.

If you are lucky enough to complete this hike on the 12th May, you can enjoy the sounds of chácaras (castanets) and drums at this stop, as the village of Epina celebrates its festivities in honour of San Isidro Labrador. After mass is said, and a short procession is held around the chapel, you might like to join the locals as they dance to traditional popular music.







LOS CHORROS DE EPINA



LOCATION

Epina (Vallehermoso).

| HOW TO GET THERE

Continuation of the Camino Natural Costas de La Gomera footpath.

| LOCAL PRODUCTS AND RESOURCES

Water, cultural and ethnographic resources.

DESCRIPTION

Walk down some stone steps from the square where the Chapel of San Isidro Labrador stands, and you will soon reach perhaps one of the most magical places on the island of La Gomera: Los Chorros de Epina. Located in a small recreational area, the water that gushes forth from this natural spring through seven wooden canes made from heather not only possesses healing properties according to popular tradition, but magical ones as well.

Various legends are attributed to these waters, such as the ability to foretell love found or lost... especially for the indigenous princess Gara, who predicted her own misfortunes of the heart right here at this natural spring.



- the Legend of the Aderno tree (Heberdenia excelsa) linked to Los Chorros de Epina, and try to find an example of this tree nearby.
- · Have a quick stop in the recreational area to sample some of the products bought at the restaurant Los Chorros de Epina.
- · Fill up your water bottle with fresh spring water as it gushes from Los Chorros.

Now that you're here, don't pass up the opportunity to try your luck drinking the water from this natural spring. Legend has it that to win your heart's desire, you must drink water from the cane spouts in a certain order. Women should drink from the even cane spouts starting left to right, whereas men should drink from the odd cane spouts.







CASERÍO DE EPINA (VILLAGE)



LOCATION

Epina (Vallehermoso).

| HOW TO GET THERE

Continuation of the Camino Natural Costas de La Gomera footpath.

| LOCAL PRODUCTS AND RESOURCES

Water, and traditional crops (potatoes, corn, and grapes).

DESCRIPTION

Continuing down a steep winding path, you reach Epina, one of La Gomera's most typical villages. Virtually uninhabited today, it is an excellent example of traditional architecture, with some buildings dating back more than two hundred years, which demonstrate its close links with the world of farming.

You will gradually leave the laurel forest behind as you move towards a more agricultural landscape, featuring the heroic crop terraces for which the island is famous. You will also see canary date palms, along with juniper trees, giving shape to a landscape that will transport you back to times gone by.



- · Chat to the people of Epina to find out about their farming production and their rural way of life.
- · If you decide to complete this hike during palm sap harvesting season, you might be lucky enough to catch sight of the guaraperos shinning up these palm trees in search of their sweet essence.

Wander around the village and take in its amazing traditional architecture, still standing after all these years, including dozens of houses made out of stone and mud, with gabled roofs crowned with Arabic tiles. Don't miss the numerous allotments, dotted around the houses, growing potatoes, grapevines or corn, ingredients found in many of the island's traditional recipes.





EL LOMO DEL CARRETÓN



LOCATION Epina (Vallehermoso).

| HOW TO GET THERE From the CV-16 road.

LOCAL PRODUCTS
AND RESOURCES
Water.

DESCRIPTION

From Caserío de Epina, head towards the next stop along Calle Epina, which will take you to the CV-16 road. Cross this road, then continue along the dirt track, which will take you right to the edge of the Natural Monument El Lomo del Carretón.

This is the only uphill section of the whole itinerary. At this stop, a kind of improvised mirador-viewing point offers not only the first panoramic view of Alojera, but also your first glimpse of the magnificent sheer face of El Lomo del Carretón, which will accompany you on the rest of your trek through the Alojera basin. This natural space is home to various endemic species of flora and fauna (La Gomera giant lizard or the golden spotted skink), as well as grain and insect-eating birds, drawn to the nearby crops.



- Take in the interesting plant formations created as the Monteverde forest comes into contact with agaves and fleshy palm leaves, particularly notable on a hillside close to our stop (photo).
- · Stop to enjoy one of the first reservoirs you will find on your route.

This route not only offers gastronomic and cultural delights along the way; it also allows us to enjoy a magnificent spectacle of nature as birds from El Lomo del Carretón circle overhead. If you are a bird lover, this will be an unbeatable opportunity to spot different species with the naked eye. Grey wagtails, turtle doves, kestrels, laurel pigeons, Spanish sparrows, Berthelot's pipits... will probably cross your path, regaling you with a symphony of birdsong.





THE ALOJERA RESERVOIR



| **LOCATION** Alojera (Vallehermoso).

| HOW TO GET THERE Camino Natural Costas de La Gomera footpath

(GR-132).

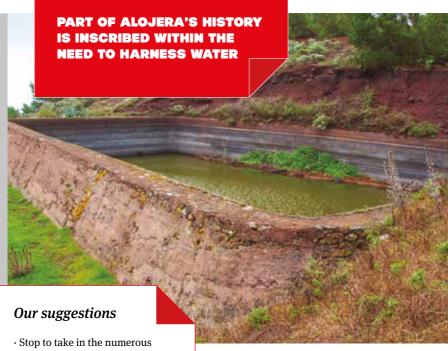
| LOCAL PRODUCTS AND RESOURCES Ethnographic resources, goat livestock, cheese.

DESCRIPTION

As you walk along the Camino Natural Costas de La Gomera footpath to this stop, the largest on the itinerary, you can see the whole farming, ethnographic, and natural repertoire contained along this route.

Canarian date palms, savin juniper trees, traditional stone architecture, crop terraces, livestock farms and beehives, and even a small wind farm, creating a picture that is intimately linked with this arid and rugged yet beautiful terrain.

But it is undoubtedly the huge reservoirs of water that speak volumes about a way of life so strongly dependent on the ability to harness and control water, to the extent that these structures came to dominate the whole of the Alojera basin, popularly known as the Valley of Mirrors due to the reflection of the water stored in these reservoirs.



- · Stop to take in the numerous reservoirs and water channels you will come across during your hike.
- · Check out the beehives and the livestock farm you will find half way there.
- Stop for a moment to chat with bee keepers and livestock farmers to find out more about their way of life.

This stop will help you understand the importance of water in La Gomera, and also in Alojera. In fact, this area has one of the largest reservoirs on the island, known as the Alojera Reservoir, and although this route does not take you directly to it, you will be able to spot it with the naked eye.





| LOCATION Aloiera (Vallehermoso).

| HOW TO GET THERE

Continuation of the Camino Natural Costas de La Gomera footpath until the CV-16 road

| LOCAL PRODUCTS AND RESOURCES

Palm syrup, gomerón liqueur, mistela liqueur wine, sweets and pastries, jams, spicy mojo sauces, almogrote cheese spread, cheese, traditional recipes.

DESCRIPTION

In reality, this stop offers a host of different attractions dotted around a neighbourhood with very diverse features. Walking down through the neighbourhood of El Mono, along a winding dirt track, you will reach the road just behind a bar called Perdomo, one of the recommended stops on the route to sample some of the most typical local products. You should also stop and sample the famous sweets and pastries made in the nearby Masapé de Aniceta, and especially the palm syrup made by producers in this part of Arojera, such as Royal Palm, El Arrope and El Palmar.

As you continue down towards the sea, you will walk around reservoirs and can often let your fingertips trail in the water. The ever-present date palm trees continue to remind us why Alojera is the birthplace of palm syrup. Between the houses, or very close to them, are small plots of land dedicated to growing potatoes, corn, and grapevines.



- Learn about how palm syrup is made, along with many other products such as gomerón liqueur, sweets and pastries, or mojo sauces, by visiting local producers.
- · Visit the Church of Our Lady of the Immaculate Conception (17th Century), and, if you undertake this route on the 24th or 25th August, attend the festivities in honour of San Bartolomé and La Milagrosa.
- · Alojera has a bus stop should you need to return or decide to finish the route here.

This would be a good time to stop, take a break, and gather your strength at one of the bars in the area, such as Bar Plaza or Bar Perdomo, which has an outdoor terrace with views over Alojera, where you can enjoy typical biscuits (galletas gomeras), gomerón liqueur, or white cheese.

You will also have the opportunity to buy local products in the Plaza supermarket, or at the shop El Masapé de Aniceta, owned by Aniceta herself, whose image has become a symbol for the brand.







CASA DE LA MIEL DE PALMA



LOCATION

Alojera (Vallehermoso).

I HOW TO GET THERE

Continuation of the CV-16 road.

| LOCAL PRODUCTS AND RESOURCES

Date palm sap, palm *syrup*, *gomerón* liqueur.

DESCRIPTION

The Casa de la Miel de Palma interpretation centre is our next stop. This charming space is the only museum in Alojera, offering an educational and enjoyable introduction to the culture of the Canarian date palm. It is much more than a simple collection of objects, and the centre has become a hive for local cultural life, a meeting place for locals, students, artists, and producers.

La Casa de la Miel de Palma has a shop where you can find products by all the local producers, such as Alvamar and Cubaba, which are based very close to the centre. Visitors can find out how palm syrup is made, sample some, and even take some away with them together with other arts and crafts made using palm products.



- · Drop in at the nearby Mesa bar and supermarket to buy or sample some of our fine local gastronomy.
- · Visit the art gallery of Italian artist Marco Renato, a prominent example of cultural life in Alojera, featuring works by people from all around the world.

The interpretation centre runs various activities related with the different uses of palm products. If you plan your visit in advance, you might be able to take part in one of their workshops, such as palm leaf crafts (usually run in April and May), or one of the weekly workshops making handicrafts out of palm leaves. These are aimed mainly at the local population of Alojera, but visitors are always welcome.







PIE DEL BLASINO PALM GROVE



| **LOCATION** Alojera (Vallehermoso).

HOW TO GET THERE Behind the Casa de la Miel de Palma.

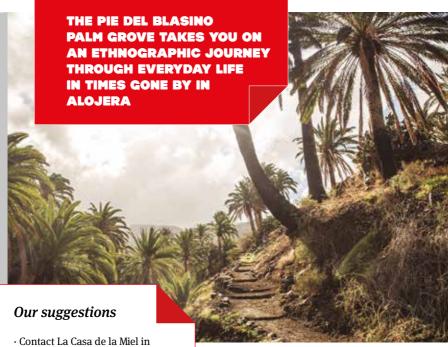
| LOCAL PRODUCTS AND RESOURCES Ethnographic attractions.

DESCRIPTION

Without leaving the vicinity of the Casa de la Miel de Palma, another of its most interesting initiatives is the Pie de Blasino Palm Grove, which is open to visitors. This palm grove is named after Blasino Plombino, a 15th Century owner of crop lands and sugar cane mills.

The small palm grove, located just behind the interpretation centre, presents a whole area related with the ancient way of life lived by the population of Alojera, and school pupils who visit this palm grove often

take the lead in many of the educational activities proposed by La Casa de la Miel de Palma, a centre managed by Lorena García (La Gomera's Rural Development Association, AIDER Gomera), who affectionately guides visitors through the fascinating culture of Canarian date palm cultivation.



- Contact La Casa de la Miel in advance to arrange a guided tour of the Pie del Blasino Palm Grove, either individually or as a group.
- · Visit the Cubaba factory, a local palm syrup producer, located right by the interpretation centre.
- · From La Casa de la Miel, you can return to the starting point by bus if you decide to end your hike here.

Take time to discover the ethnographic elements present in the Palm Grove, drawing you into a past that is perhaps not as distant as we might assume. A water-powered gofio flour mill, a communal press, a washing place, a water fountain known as San Borondón... these are just a few of the interesting sites to see here, surrounded, naturally, by magnificent palm trees. You can visit this space on your own, although we recommend booking a guided tour with the interpretation centre.



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LA PLAYA DE ALOJERA



LOCATION

Alojera (Vallehermoso).

| HOW TO GET THERE

Continuation of the CV-16 road.

| LOCAL PRODUCTS AND RESOURCES

Fresh fish, spicy mojo sauces, cheese, almogrote cheese spread, gomerón liqueur, palm syrup, sweets and pastries, vegetables and traditional recipes.

DESCRIPTION

Our final stop takes us down to the sea. At this point (reached by a dirt track from the CV-16 road) the landscape of palm groves, reservoirs and crops gives way to the sea and all its bounties. The culinary delights of Alojera are greatly enhanced by the fresh fish caught by fishermen from Valle Gran Rey.

This little fishing village has a beach, a natural pool, and a dock once used for agricultural exports from Alojera. Spicy mojo sauces, palm syrup, cheese, almogrote cheese spread, watercress stew, leche asada baked custard, and frangollo milk and maize pudding are just a few of the products and recipes that will feature on the menu at restaurants and bars in this area, alongside freshly caught fish.



- · Weather permitting, you could take a dip at Alojera Beach or in the natural pool located by the docks.
- · Visit the nearby Puerto del Trigo beach, which can only be reached by a dirt track not suitable for vehicles.

Enjoy lunch or dinner by the Alojera cliffs, looking out over the impetuous Atlantic Ocean. It's an unmissable experience and the perfect way to finish a hike.

Mariano Vera, the owner of Restaurante Prisma, offers just such an experience, serving up fish dishes such as tuna, eel, gilthead bream, red seabream or common seabream, as well as the restaurant's famous battered squid.





Where to eat and drink

RESTAURANTE LOS CHORROS DE EPINA

GM-1 ROAD, Km 46,5. Epina | 922 800 030 | www.chorrosdeepina.com

Opening times: Monday to Sunday, 7am to 8pm.

Located at the starting point of this route, it has a restaurant and café service, as well as a small shop where you can buy the most typical products and dishes from the area. From inside the restaurant and from the outdoor terrace, you can enjoy magnificent views over the village of Epina.

RESTAURANTE EL PRISMA

Alojera Beach | 922 800 703 |

Opening times: Monday to Sunday, 10am to 11pm. Closed: Wednesdays

Right at the end of your journey, by Alojera Beach, you have an unbeatable opportunity to sample a wide variety of dishes gifted by the sea. Fresh fish is undoubtedly the raison d'être of this charming restaurant. Savour its delights whilst gazing out over the sea from the outdoor terrace area.

TERRAZA MIRADOR BAR PERDOMO

Neighbourhood of El Mono, Alojera | 922 80 00 11 |

Opening times: Monday to Saturday, 8am to 9pm. Closed: Sundays.

Half way through your journey, gather your strength at Bar Perdomo. It's a great opportunity to sample a glass of gomerón liqueur, galletas burras (biscuits), or some almogrote cheese spread. The bar also serves tapas and daily meals (paella, chicken, sandwiches, etc.).

What to see

CENTRO DE INTERPRETACIÓN CASA DE LA MIEL DE PALMA

Caserío Aldama, 80, Alojera | 628 764 119 |

Opening times: Wednesday to Saturday, 10am to 5:30pm. Closed: Sundays, Mondays, and Tuesdays.

La Casa de la Miel de Palma is an excellent place to find out how palm syrup is made and learn about the culture surrounding Canarian palm cultivation. It is definitely worth taking your time to visit this interpretation centre, especially if visiting the island outside palm sap harvesting season. Entry to the centre is free. Its activities include tastings for palm syrup, gomerón liqueur and sap (only during sap harvesting season), and there is a small shop selling palm syrup made by local producers. You can even pick up an organic lip balm made by Maybeez using palm sap and beeswax. You can also buy artisanal palm crafts such as planters and baskets, etc.

PIE DEL BLASINO PALM GROVE

Linked to the services offered by La Casa de la Miel de Palma, which promoted the recovery of this palm grove and ethnographic space attached to the centre, you can enjoy an educational tour of this palm grove provided you book in advance (for groups of between 15-20 people at a cost of €50). You can also visit the palm grove independently, but remember that it is currently undergoing rehabilitation and renovation work, so we recommend contacting the interpretation centre in advance.

EL ARROPE

Lomo de La Renta, Barranco El Mono, Alojera | 922 800 398 |

El Arrope is another traditional manufacturer of palm syrup from Alojera Valley, named after the thick liquid formed when the sap is boiled.





ROYAL PALM

Lomo del Balo s/n, Alojera | 922 801 062 | www.royalpalm.es

The family-run company Royal Palm is one of the biggest producers of palm syrup in Alojera. There is a shop on the plantation during production season. If you contact them in advance, you can also visit the factory and see the manufacturing process. Royal Palm also makes almogrote cheese spread and gomerón liqueur.

CUBABA

Alojera | 922 800 557 | www.mieldepalmacubaba.com

All products made by Cubaba, located right by La Casa de la Miel de Palma, are certified organic. Originally from Tazo-Cubaba, they have been making palm syrup since 1998. If you contact them in advance, you can also visit the factory during the manufacturing process.

ALVAMAR

C/ El Valillo s/n, Alojera | 922 800 884 | www.alvamarsat.com

Since 1998, the family business Almavar has been producing and selling palm syrup, jams, and sweets and pastries wholesale.

EL PALMAR

C/ El Lomo s/n, Alojera | 922 800 127 |

This small family business makes palm syrup, as well as almogrote cheese spread, and spicy mojo sauces. Call in advance to arrange a visit to the factory, which also has a small shop.

EL MASAPÉ DE ANICETA

C/ El Mono s/n, Alojera | 922 800 969 | www.elmasape.es

Opening times: Monday to Saturday, 7am to 6pm. Closed: Sundays.

El Masapé is probably one of the most famous creators of artisanal products from La Gomera, both on the island of La Gomera and throughout the Canary Islands. El Masapé de Aniceta sells a wide variety of products such as sweets and pastries, jams, almogrote cheese spread, spicy mojo sauces, palm syrup, gomerón liqueur, and mistela liqueur wine. You can also watch the manufacturing process for these products in the factory attached to the shop.

BAR Y SUPERMERCADO PLAZA

Calle Plaza s/n, Alojera | 922 800 334 |

Horario del bar: Monday to Sunday 8am to 2pm and 5pm to 9pm. Closed: Mondays.

Bar Plaza is one of the few bars to be found in Alojera Valley, with a small supermarket attached to it, where you can buy many of the local artisanal creations, such as date palm syrup, almogrote cheese spread, spicy mojo sauces, cheeses, sweets and pastries, fruit and vegetables, etc.

BAR Y SUPERMERCADO MESA

Calle San Borondón, 67, Alojera | 638 565 550 |

Opening times: Monday to Sunday, 9am to 1:30pm, and 5pm to 10pm. Closed: Wednesdays.

Together with other conventional products, at the Mesa bar and supermarket, you can sample and buy many local artisanal creations. A few years ago, Bar Mesa won second prize for the best tapas in Vallehermoso with the recipe «Tuna bites served with gofio in palm syrup».



Credits

Published by:

Gestión del Medio Rural de Canarias, S.A.U.

Texts, graphic design, and layout:

Cultania. Gestión Integral de la Cultura y el Patrimonio Histórico.

Avenida de Canarias 10, ático 38300 · La Orotava · Santa Cruz de Tenerife 922 079 830 · info@cultania.com · www.cultania.com

Photographs:

Markus Huth and Carlos Benítez Granted by AIDER La Gomera, pp. 6 and 33 Brandcentre Islas Canarias, p. 27.

Translation:

Anna Moorby (translator) and Elena Berlanga (proofreader)

First edition:

February 2020

Legal Deposit:

TF 30-2020

