





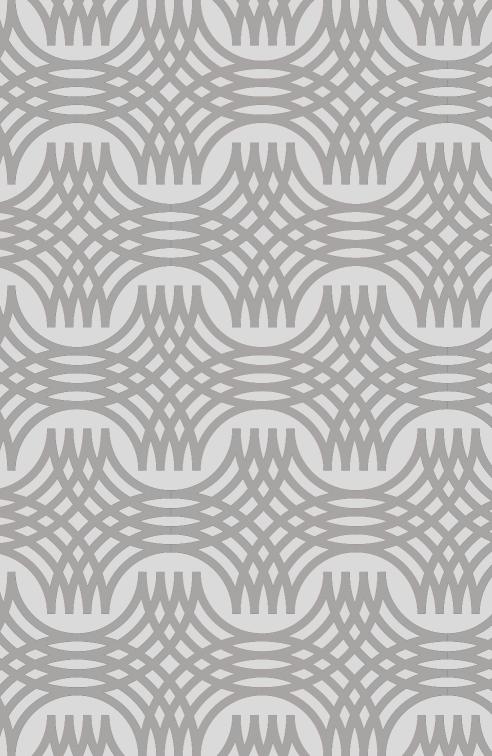








Fondo Europeo de Desarrollo Regional



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.











FUENCALIENTE OFFERS US THE OPPORTUNITY TO WANDER THROUGH A VOLCANIC LANDSCAPE WITH ALL THE FLAVOUR OF MALVASÍA, A WORLD-RENOWNED WINE THAT FEATURES STRONGLY IN THE WINE-GROWING HERITAGE OF THIS 'ISLA BONITA'.

The island of La Palma, declared a Biosphere Reserve and Starlight Reserve, lays claim not only to such extraordinary environmental recognition. It is also home to a spectacular cultural heritage infused into its wines, and the intangible heritage associated with their production.

The area of Fuencaliente is the ideal spot to embark on your journey into the heart of wine-making in La Palma. The island's local wines are truly unique, shaped by the volcanic landscape that nourishes the soil, by the absence of phylloxera, and the strong influence of the sun and wind, which provide excellent wines made using different grape varieties, including, first and foremost, the Malvasía Aromática.

Their extraordinary character also stems from the ancient traditions of wine growers on the island, which have carved out a special cultural landscape. Structured through the use of specific vines, bodegas, and ancestral cultivation systems capable of overcoming the difficulties of the environment, wines produced in Fuencaliente are a legacy rooted in a tradition passed down through the generations.

All of this occurs within an equally unique atmosphere. Your hiking route will take you through a protected volcanic landscape, forged through eruptions over the ages, which might seem almost untouched if it weren't for the presence of these vines, swathing the earthy mantle in a blanket of green. This landscape leads down into an ocean of salt ponds, watched over by the lighthouses of Fuencaliente, marking the end of your hike.

With these ingredients, we propose a route that will immerse you in this cultural universe of wine and gastronomy, shaped by an ancestral inheritance bound to the land, to the volcanoes and sun that bestow these unique wines upon us. You will embark upon a journey of the senses, under the watchful gaze of dormant giants that form the magnificent orographyof this part of the island. A visual spectacle that is home to infinite wisdom and flavours for you to discover.







Products



TWO LOCAL PRODUCTS WILL AWAKEN YOUR SENSES ON THIS JOURNEY:

WINE AND SALT.





In Fuencaliente, different types of grape varieties are grown: Listán Blanco, Listán Negro, Vijariego, Gual, Albillo Criollo, Negramoll, Baboso and Bastardo produce white, rosé and red wines. However, as mentioned previously, wines made using Malvasía Aromática grapes are particularly renowned. This Greek variety of grape arrived in La Palma via Madeira in the early 16th Century, introduced in Fuencaliente after the eruption of the San Antonio volcano in 1677.

This variety flourishes particularly well in the area of Llanos Negros, which grows four fifths of the total crop of the island. This grape produces characteristically sweet mellow wine, with hints of fruit, given its own twist by each bodega to bestow upon us a product that has been internationally recognised for generations thanks to its outstanding quality.

However, the culinary inheritance of this part of the island is not only famous for its wine. It is also home to a great variety of other local products made according to the traditional methods and recipes. Anyone visiting this land of volcanoes simply has to try an *almendrado* (almond biscuit), the island's famous almond-based dessert known as *queso de almendras*, or a rye bread roll.

The south of the island stretches down towards the ocean's salt water, another extraordinary draw to understanding the flavours of La Palma. Used traditionally not only as a condiment but also in the preservation of foods, Fuencaliente still uses traditional methods to make salt by adapting the terrain so that sea water evaporates through the action of the sun. As a result, the salt produced is of outstanding quality, made using traditional methods and adding value to any recipe that contains this white gold.

Lastly, a few years ago, olive production was successfully introduced in La Palma, especially in El Paso, as well as throughout the Canary Islands, where the Palmaoliva olive mill has created an Extra Virgin Olive Oil made using Arbequina and Picual olives, receiving the Golden Olive award in 2018.





Recipes and dishes



THE GASTRONOMY OF LA
PALMA IS RENOWNED FOR THE
INTENSITY OF ITS FLAVOURS,
WITH SIMPLE TRADITIONAL
FARE THAT IS BEAUTIFULLY
FUSED WITH AVANT-GARDE
TRENDS.

The gastronomy of La Palma offers many similarities with the rest of the Canary Islands, but it also exhibits a number of singularities that accentuate its variability and strong personality.

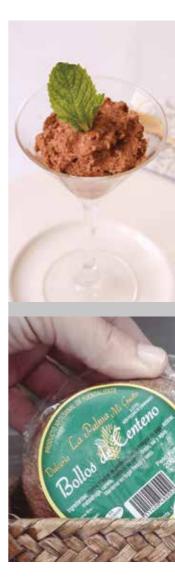
Its cheeses, made using traditional artisanal techniques and consumed all over the island, are highly idiosyncratic, a trait found particularly in its smoked cheese. Master cheese-makers use shells of almonds, Canarian pine cones, and prickly pears during the smoking process to create this cheese, the perfect accompaniment to the famous spicy *mojo* sauces of La Palma, not forgetting a side of *papas arrugadas*.

Historically, La Palma has also been noted for its confection and desserts. The intensive cultivation of sugar cane that flourished on the island for centuries translated into the creation of desserts such as bienmesabe (almond cream), Príncipe Alberto (chocolate mousse), quesillo (flan), rapaduras (cane sugar candy), almendrados (almond biscuits) and other creations to sweeten the palate.

La Palma is also home to a wide variety of other culinary delights, including soups and stews such as the typical *sopa de picadillo* (consommé with boiled egg and ham), chick pea soup, or wheat stew; recipes made using *gofio*, such as *escaldón* (served with broth) and *escracho palmero* (a firm textured roll made with *gofio*, potato and cheese), as well as other dishes based on local fish and meat.

Scattered around the route you will find various establishments that will introduce you to this gastronomic legacy. The cuisine served at the restaurant Casa del Volcán is based on the use of local ingredients, whereas at El Jardín de la Sal, you can partake of a themed dinner based around salt, taking you on a journey that combines tradition with the latest culinary trends.

At Bar Parada you can sample authentic artisanal food such as their famous almendrados and the queso de *almendras*. Some of these creations, such as rye bread rolls and queso de galleta (a dessert made with biscuits), have also been recently resurrected by a local business, contributing to the expansion of this culinary heritage.







Description of the itinerary

The proposed itinerary begins at the Mirador de los Canarios, a viewing point that will give you a general view of the route. Just a few feet away, before entering the village, take the GR-131 footpath from the north of the island. This crosses through Los Canarios, so you will have to leave the footpath for a short while as you walk through the village.

You will then get back onto the footpath, and stay on it right through to the end of the hike. Take care if you leave the approved footpath at any time, since the terrain is very rough and could be dangerous. Throughout the hike, you will find signs to guide you. Although we recommend setting off from Los Canarios, you can always follow the footpath in the opposite direction, although it will be a tougher hike.





TIPS FOR MAKING THE MOST OUT OF THE ITINERARY

- Enjoy the wine growing landscape you will find along the way, including a visit to local wineries or bodegas.
- Enjoy lunch or dinner at the recommended restaurants along the trail.
- Drop by the visitor centre at the San Antonio Volcano to learn about the geological history of this area.
- Enjoy the grape harvest celebrations in the second half of August and the opening of the bodegas to mark festivities in honour of San Andrés.
- Don't forget to sample some almendrados almond biscuits and malvasia wine at the Bar Parada, where you can also buy local products.
- During your hike, get chatting to locals to find out about their everyday life. Their stories are certain to enrich your experience.







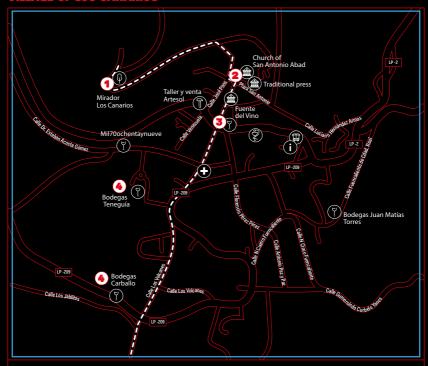
LAVA AND SALT TRAILS



STOPS

- 1 Mirador de Los Canarios
- Los Canarios
- 3 Bar Parada
- A stroll around the bodegas of Fuencaliente
- S Around the San Antonio
 Volcano
- 6 Area of Llanos Negros
- Area of Las Machuqueras
- Teneguía Volcano
- 9 Fuencaliente Lighthouse
- Fuencaliente Salt Ponds

VILLAGE OF LOS CANARIOS



LEGENI

••••• Proposed route

LP-207

Road



Footpath



Cultural site



Agricultural site



Natural site



Recreational area



Interpretation centre



Car Park



Bus stop



Bodega / restaurant



Pharmacy



Arts and crafts



Tourist information point



Medical centre



Technical details

Localities:

Fuencaliente de La Palma

Starting point:

Mirador de Los Canarios

End point:

Fuencaliente Salt Ponds

Approximate duration:

3 hours (without stops)

Approximate distance

6,60 km

Minimum/maximum altitude:

7-770 m

Difficulty

Medium-low

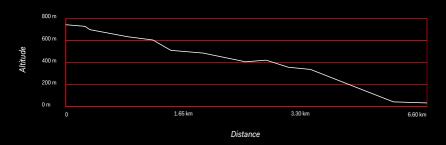
Direction of the route

Los Canarios-Fuencaliente Salt Ponds (although it can be hiked in the other direction))

Mode:

On foot

OUTLINE OF THE ROUTE



How to get there

By road, drive along the LP-2 to Los Canarios, the starting point for the hike. If you go directly to the Salt Ponds (Las Salinas), you should take the LP-207. By public transport, you should take the 200 and 201 from Santa Cruz de La Palma and the 210 from Los Llanos de Aridane. To go from Los Canarios to the Salt Ponds (Las Salinas) and vice versa, it's a good idea to take the 23, which goes through the villages of Los Quemados and Las Indias.

Recommendations

- 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. Make sure you are properly protected from the sun and well hydrated. Fuencaliente is a dry sunny area, especially in the summer months. Follow weather warnings, and make sure someone knows which route you are following.
- The best time of year for this hike is before the harvest, when the vines are green and laden with grapes. The harvest season is also a great cultural spectacle celebrated with various festivities. The opening of the bodegas also offers a fantastic opportunity to try out some young wines.
- Be respectful of the environment, local heritage, and people. You will be hiking through protected areas, so make sure you minimise your impact on your surroundings as you pass through.





MIRADOR DE LOS CANARIOS



LOCATION

Los Canarios (Fuencaliente de La Palma).

| HOW TO GET THERE

Take the LP-2 Road.

| LOCAL PRODUCTS AND RESOURCES

Natural and ethnographic attractions.

DESCRIPTION:

From this vantage point, you will have a wonderful view over Los Canarios and the whole of Fuencaliente. This territory, accustomed to living amidst volcanoes, is located in the ancient Benahoarita (the name of the first settlers of the island) canton of Abenguareme, and was named after the old Fuente Santa, a thermal spring that was buried by lava in 1677.

This municipality is divided into Las Caletas, Los Quemados, Las Indias, La Fajana, El Charco and the municipal capital, Los Canarios. The name Los Canarios refers to the native population driven into this area following the conquest of La Palma, since this was one of the poorest areas of the island and the least suited to agriculture.



- · Identify some of the historic landmarks you will see during your hike, such as the San Antonio and Teneguia volcanoes.
- · Outside of the suggested route, you could also visit the Protected Area of Tamanca (to the south west of the island). A landscape peppered with volcanic badlands known as malpaíses, running down to sheer cliff faces on the coast, where the natural landscape merges with agricultural lands.
- · If you want to visit more of La Palma, we also suggest the Cumbre Vieja Natural Park, set on a geomorphologically fascinating volcanic structure. This zone has witnessed the majority of the island's volcanic episodes throughout history.

Much of the municipality is protected through natural parks, natural reserves, protected landscapes, or places of scientific interest. This gives us some idea of the environmental value of this municipality and the surrounding landscape, and the importance of natural heritage.





2 LOS CANARIOS



I LOCATION

Los Canarios (Fuencaliente de La Palma).

| HOW TO GET THERE

Take the LP-2

| LOCAL PRODUCTS AND RESOURCES

Wine and other local products. Ethnographic, historic, and artistic attractions.

DESCRIPTION:

The charming village of Los Canarios, which leads us out to the volcanic landscape that awaits beyond, is the ideal place to stock up on provisions and get ready for your hike. The GR-131 footpath, which we will follow throughout the entire hike, leads into Calle San Antonio, very close to the village's main cultural attractions, such as the wine fountain, the traditional press, and the church of San Antonio.

Erected in honour of Anthony the Great, it dates back to 1522, built as a chapel annexed to the parish church of Mazo. Throughout the years, it has been renovated and refurbished on several occasions, including the wall hangings (1603) and the door arch (1745). The residents of Fuencaliente requested segregation from the parish church, claiming it was too far away, but the parish of San Antonio Abad was not officially recognised until 1832. The church opened years later, in 1904. It houses interesting sculptures such as the Entombment of Christ, the Stations of the Cross, Our Lady of Mt Carmel, and two images of Anthony the Great (San Antonio Abad).



- · Visit the traditional press: just a stone's throw from the Church you will find this ethnographic object dating from the 19th Century, which harks back to the local wine growing heritage.
- · Stop by the Wine Fountain: once a year, during the Harvest festivities, wine gushes forth from this fountain.
- · Here, you will find various establishments (supermarkets, shops, bakeries, bars, etc.) where you can grab a bite to eat or stock up on provisions for your hike.

The harvest festivity, which has been celebrated since the 19th Century, honours the municipality's wine culture. The festivity includes several events including a float parade showcasing typical harvest products, the traditional dance of the «Caballos Fuscos» and other folklore representations. It takes place in August and revolves around wine and the culture surrounding it.





BAR PARADA



LOCATION

Los Canarios (Fuencaliente de La Palma).

| HOW TO GET THERE

On the main road LP-2, no. 96.

| LOCAL PRODUCTS AND RESOURCES

Almendrados (almond biscuits) and queso de almendras (sweet almond 'cheese'), salt from the-Fuencaliente salt ponds, olive oil, DO wines and rye bread rolls (shop).

DESCRIPTION:

In times gone by, when La Cumbre road had not yet been built, the main transport route ran through Fuencaliente. At that time, Bar Parada was a traditional little shop, which offered various services such as selling groceries, a telephone (the only one in the area), and it even held reading and writing classes. So it was frequented by locals and those just passing through.

Today, Bar Parada is still a family-run business that makes traditional artisanal products. Its most famous products are *almendrados* almond biscuits and the almond-based dessert known as *queso de almendras*, along with *mantecados* shortbread, and candied almonds (*almendras garrapiñadas*). All these products hark back to the importance of almonds and almond growing, which has diminished significantly in recent times.



- · It's a good time to buy all manner of gastronomic souvenirs or to stop off as you stroll around the beautiful village of Los Canarios.
- · Visit the shop run by the Asociación de Artesanos Artesol.
- · On the same road as Bar Parada, you will find Panaderia Zulay, a bakery famed for its sourdough bread, which is highly prized among locals and visitors alike.

Here you can enjoy a traditional enyesque, a Canarian form of tapas where they serve a glass of Malvasia wine with a delicious almendrado almond biscuit, so you can gather your strength for the rest of the hike.





A STROLL AROUND THE BODEGAS OF FUENCALIENTENTE



LOCATION

Los Canarios (Fuencaliente de La Palma).

| HOW TO GET THERE

You can easily reach the different bodegas from the road to Las Indias and from the GR-131 footpath.

| LOCAL PRODUCTS AND RESOURCES

Local wines and ethnographic attractions linked to wine culture.

DESCRIPTION:

In Los Canarios you can find the main bodegas in Fuencaliente, two of which are open to visitors: Teneguía and Carballo.

The first was founded in 1944 through the Cooperativa Vinícola de Fuencaliente and advocates respect for the tradition of wine growing, in combination with modern fermentation techniques to offer exceptional quality. The wine varieties produced include whites, red, roses, and of course, the jewel in the crown, Malvasía, which grows on ancient vines and has won various international awards.

Bodegas Carballo on the other hand was founded in 1989 through a deep-rooted family tradition. Elías Carballo, the founder of this winery, had extensive experience in the production of artisan wines and was the last exporter to the Americas. Today, this bodega advocates the continuity of traditional methods, paying tribute to this family legacy, producing exceptional quality wines, including its award-winning Malvasía.



- · As well as visiting the wineries themselves, stop off at their restaurants and take part in a tasting session to get a better idea of the local gastronomy.
- · There are also two other bodegas nearby: Mil7ochentaynueve and Bodegas Juan Matías Torres, but these are not available for tours. However, you could try their different varieties of wine at nearby establishments.
- · If you visit Bodegas Carballo, check out its old press, where they continue to crush the grapes using the traditional method.

Although at the bodegas in Fuencaliente produce extraordinary wines made with different grape varieties, we recommend trying the various types of Malvasia wine.

It is a sweet wine, which balances sweetness and acidity very well, making it a perfect pairing for various culinary options. Sample a glass with different local products to enjoy an unforgettable treat for your palate.







AROUND THE SAN ANTONIO VOLCANO



I LOCATION

Los Canarios (Fuencaliente de La Palma).

| HOW TO GET THERE

Take the road to Las Indias LP-209 and the GR-131 FOOTPATH.

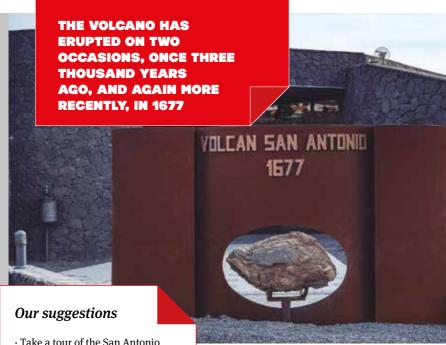
| LOCAL PRODUCTS AND RESOURCES

Grapevines, local wines, and traditional recipes.

DESCRIPTION:

The San Antonio volcano marks the start of our adventure as we hike along lava trails. Standing 654 metres tall, it stands guard over a territory shaped in part by the eruption of 1677, which was extremely significant, even though it caused limited destruction. Not only did it determine the subsequent development of wine growing in the area, but it also buried an extremely important local feature: the Fuenta Santa spring, after which the municipality was named. This thermal spring had mineral-medicinal properties that drew visitors from far and wide.

Once you have reached the wine growing area, we recommend visiting the Casa del Volcán bodega-restaurant, which serves up traditional local cuisine and ingredients. You can also sample and buy the wines it produces, including its dry white wine, Vijariego Blanco Seco, made in the bodega using traditional techniques.



- Take a tour of the San Antonio Volcano visitor centre to learn about the geological history of the place. This is an essential stop on your tour if you want to know more about how the terrain you are hiking through was formed.
- · Stop by the restaurant Casa del Volcán and ask about the local products featured on their menu.
- The visitor centre offers several hiking routes, including one that will take you right up to the volcano's crater. From there, you will have a spectacular panoramic view over Teneguía, as well as the entire natural and cultural landscape of Fuencaliente.

The island of La Palma has been declared the world's first Starlight Reserve because of its clear night skies. There are several star gazing spots dotted around the island, where you can enjoy the night time firmament or learn about the movement of the celestial bodies.

Here you can find out about the apparent movement of the sun using a series of monoliths that indicate the changes of season. Find out more about these activities on the website

http://www.starsislandlapalma.es/







WINE-GROWING AREA OF LOS LLANOS NEGROS



LOCATION

Llanos Negros, Los Quemados (Fuencaliente de La Palma).

I HOW TO GET THERE

Take the GR-131 FOOTPATH

| LOCAL PRODUCTS AND RESOURCES

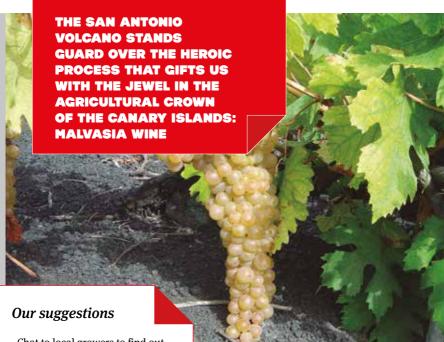
Grapevines, especially Malvasia, wine, and ethnographic attractions (vine training systems).

DESCRIPTION:

This vast area represents the heart of Malvasia wine country in La Palma. It is home to most of the island's production of this valuable grape variety and the grapevines cultivated by the major local bodegas. This agricultural area was established on the soils left behind following the eruption of the San Antonio volcano in 1677.

Soils based on *lapilli* and ash provide the natural foundation for growing root stocks that have historically been tremendously fertile. This stems from the earth's capacity to generate underground water reserves, which the plant draws on to flourish.

This area is also blessed with high levels of sunlight, favouring the optimum ripening of grapes, an essential process in the achievement of excellence.



- · Chat to local growers to find out more about how grapes are grown and wines are made.
- Take a moment to see the effects of fires in the area and to appreciate how crops have been integrated with traditional constructions.
- · Here, you can also visit the archaeological site of Llanos Negros, which is home to an important Benahoarita settlement comprising six huts, demonstrating that this territory was occupied by the first inhabitants of La Palma.

Check out how the vines are trained. The vines are lifted off the ground on branch forks and trained in rows, cultivating different varieties such as Malvasía, Negramoll, Gual, Vijariego and Listán Blanco.





PARAJE VITÍCOLA DE LAS MACHUQUERAS



LOCATION

Las Machuqueras (Fuencaliente de La Palma).

| HOW TO GET THERE

Take the GR-131 FOOTPATH

| LOCAL PRODUCTS AND RESOURCES

Grapevines and ethnographic attractions, mainly the long drystone walls known as *cadenas*.

DESCRIPTION:

Leaving the San Antonio volcano behind us, we reach Las Machuqueras. Another area established on volcanic soils, following the eruption of Teneguía in 1971. Here the trade winds are stronger, making it even harder to work the land. The farmers came up with a solution to build low drystone walls out of volcanic rock known as *cadenas* to protect the grapes.

These structures, of great ethnographic interest, are arranged longitudinally, forming terraces so that the naturally steep slopes in this area can be effectively utilised. Turning this volcanic material into productive land is an arduous task, one that is achieved without any type of machinery owing to the characteristics of the terrain.

Another feature of this area, making it different from Llanos Negros, is that because it faces south east, crops receive much less sunlight, essential for ripening Malvasia grapes, which is why other grape varieties are grown here.



- · If you have the opportunity, chat to local wine growers about the peculiarities of this area, particularly the *cadenas* drystone walls and the difficulties associated with their construction.
- · Very nearby, around the Roque de Teneguía outcrop, there is an important archaeological site of rock engravings, including around twenty panels that illustrate spirals or circles, motifs frequently found in Benahoarita symbolism. Remember to be respectful of these highly fragile monuments, created by the island's first inhabitants.

Marvel at the singularity of this cultural landscape embedded in lands formed barely fifty years ago, following the 1971 eruption, as local farmers had to adapt and come up with ingenious solutions.



TENEGUÍA VOLCANO



LOCATION

Fuencaliente (Fuencaliente de La Palma).

| HOW TO GET THERE

Take the GR-131 footpath.

| LOCAL PRODUCTS AND RESOURCES

Natural and attractions.

DESCRIPTION:

From then on, wine-growing areas progressively disappeared, giving way to an essentially volcanic landscape. To one side we see the Teneguía Volcano, which last erupted in 1971, one of the shortest eruptions in the history of the Canary Islands, with an active period of twenty-four days. It is named after Roque Teneguía, a volcanic outcrop found just a few feet from the mouth of the volcano.

This rock also gives its name to the protected natural area known as the Teneguía Volcanoes Natural Monument. Although this area encompasses the entire landscape located to the south of Los Canarios, here we will find the greatest point of geological interest. The flora and fauna are typical of semi-arid exposed areas, such as rock vegetation, clumps of Euphorbia balsamifera, and scattered pine groves inhabited by different animal species.



- · See if you can recognise any local fauna. This area is inhabited by a highly valuable endemic species, the Gallotia galloti lizard (tizón) of La Palma, as well as the smaller Tarentola delalandii gecko (perenquén).
- · If you look up to the sky, you can spot some of the most common species of bird found here, such as the canary, Berthelot's pipit, the common chiffchaff, or the common kestrel.
- The silence of the lunar landscape is a key feature of this area. Take your time to connect with nature along the way, so you can recharge your energy for the rest of your hike.

Enjoy the stunning views of the western islands (Tenerife, El Hierro and La Gomera) you can glimpse on the horizon on a clear day.







FUENCALIENTE LIGHTHOUSE



I LOCATION

Fuencaliente de La Palma.

| HOW TO GET THERE

Take the Carretera la Costa el Faro road.

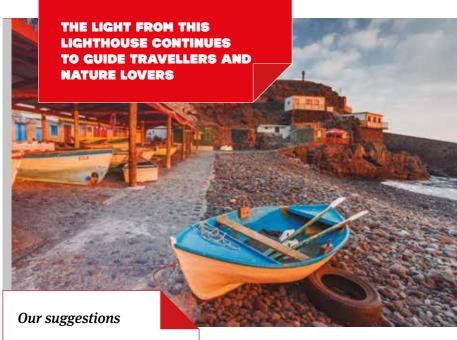
| LOCAL PRODUCTS AND RESOURCES

Fresh fish, salt, and ethnographic attractions (lighthouses and fishing culture).

DESCRIPTION:

After hiking across volcanic terrain, the sea stretches out before you. Allow yourself to be guided like a sailor by the Fuencaliente lighthouse, which you will see by the coast. It actually comprises two structures.

The first began operating in 1903 and was built out of basaltic stone from the Arucas mine (Gran Canaria), a cylindrical tower standing two and a half metres tall. Seismic movements rendered the lighthouse's mechanism ineffective and so it was no longer used, with operations limited to conducting simple checks. The 1971 eruption damaged the structure of the building, which led to the construction of a new lighthouse, in 1983. Since 2006, following renovation and refurbishment, the old lighthouse has been used to house the Marine Reserve Interpretation Centre for the island of La Palma, an essential stop before you dive into the sea.



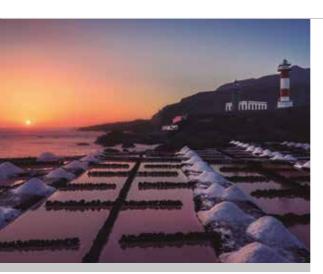
- · Visit La Palma's Marine Reserve Interpretation Centre to learn more about the fragility of marine ecosystems.
- Relax on the black sandy beach over which the Fuencaliente lighthouse stands guard, especially as the sun sets.
- · By the beach you will find local fishermen and their traditional boats. If you get the chance, chat to them to find out more about their trade.

The Marine Reserve Interpretation Centre is housed in the former lighthouse, a space used to promote understanding and respect for the marine environment and fishing, an activity that has been regulated in recent years, increasing the protection of marine species. As a result, fishing has become more sustainable and professional.





FUENCALIENTE SALT PONDS



I LOCATION

Fuencaliente de La Palma.

HOW TO GET THERE

Take the Carretera la Costa el Faro road.

| LOCAL PRODUCTS AND RESOURCES

Salt, traditional recipes made using local products. Ethnographic attractions (salt ponds).

DESCRIPTION:

The salt evaporation ponds (Las Salinas) were created in 1967, with a view to supplying salt to the market on La Palma. The founder, Fernando Hernández, together with Luis Rodríguez, extrapolated the model used in Lanzarote, making these the only salt evaporation ponds on the western islands. The salt evaporation ponds cover an area of 35,000 square metres, located on basaltic lava, and have been declared a Site of Scientific Interest.

Even though they are not a natural formation, these salt evaporation ponds are an example of coastal wetlands, a characteristic habitat of these islands. This habitat is home to various endangered species of flora and fauna, and also has undeniable ethnographic appeal, making it a hugely valuable mixed landscape that offers an unforgettable end point for your hike.



- · Sample the menu at the themed restaurant Jardín de la Sal, where they use locally sourced salt to create carefully crafted dishes, and buy products at the shop. It is also an ideal place to discover a cuisine that combines tradition and cutting-edge trends.
- · Visit the salt evaporation ponds, taking time to chat to artisan salt makers.
- · Check out the Salinas de Fuencaliente website beforehand to find out all about the artisanal production process.

You can't leave without tasting Fuencaliente salt, which is sold in different formats: coarse grain salt, fine salt, flor de sal, etc. An artisanal product that you can buy at several establishments over the course of the hike, including the restaurant Jardín de la Sal.





Where to eat and drink

RESTAURANT AND BODEGA CASA DEL VOLCÁN

Calle los Volcanes, 23 | 922 444 427 | www.lacasadelvolcan.es

Opening hours: Tuesday to Saturday, 1pm to 4pm, and 6pm to 10pm. Closed: Sunday and Monday.

Casa del Volcán is located by the San Antonio Volcano Visitor Centre. It is a restaurant-bodega set amidst grapevines. The traditional bodega dates back to 1919. You can enjoy set menus created using local products and buy the excellent wine produced by the bodega.

BAR PARADA

Carretera General, 96 922 444 002 barparada.negocio.site

Opening hours: Monday to Friday, 7am to 9pm. Saturday and Sunday, 8am to 9pm.

Bar Parada, located on the main road, is one of the most emblematic bars in Fuencaliente. You can sample its famous almendrados almond biscuits and its almond-based dessert known as queso de almendras, as well as other delicacies made by them. You can also buy various local products (wine, oil, bread rolls, salt, etc.)

RESTAURANTE JARDÍN DE LA SAL

Ctra. la Costa el Faro, 5 | 922 979 800 | www.salinasdefuencaliente.es

Opening hours: Every day from 12pm to 6pm.

El Jardín de la Sal is by the Fuencaliente salt evaporation ponds, declared a Site of Scientific Interest. In this charming restaurant, you can sample different dishes made using local products, seasoned with different types of salt obtained from the salt ponds. You can also buy other local gifts at the shop.

BODEGAS TENEGUÍA

Calle Antonio Francisco Hernández Santos, nº 10 | 922 444 078 | www.bodegasteneguia.com

Opening hours: Monday to Friday, 9am to 6pm. Saturday and Sunday, 10am to 1pm.

The history of Bodegas Teneguía stretches back over sixty years. Their wines have received regional, national, and international awards. They make white, rosé, red, and malvasia wines. They also offer tasting sessions, a shop, and guided tours.

BODEGAS CARBALLO

Ctra. a Las Indias, 74 | 922 444 078 | www.bodegascarballo.com

Opening hours: Tuesday to Saturday, 11am to 7pm. Closed: Sunday and Monday.

Bodegas Carballo first opened in 1989 although the owners already had substantial family experience prior to that. They currently make white, rosé, red, and sweet wines. They offer tasting sessions, a shop, and guided tours.





What to see

CENTRO DE VISITANTES EL VOLCÁN DE SAN ANTONIO

Calle los Volcanes, s/n | 691 593 584 |

Opening hours: In summer (July to September), every day from 10am to 7pm. Rest of the year, every day from 9am to 6pm.

The Visitor Centre located by the San Antonio Volcano tells the history of the island's volcanoes, especially the volcanic episodes that shaped the landscape of Fuencaliente.

CENTRO DE INTERPRETACIÓN DE LA RESERVA MARINA

Carretera la Costa el Faro, s/n | 922 480 223 |

Opening hours: From 15th June to 15th September, Wednesday to Sunday, 10am to 6pm. Closed: Monday and Tuesday. Rest of the year, Tuesday to Saturday, 9am to 5pm. Closed: Sunday and Monday.

Located in the old Fuencaliente lighthouse, we find the Marine Reserve Interpretation Centre. A space designed to increase understanding and respect for the marine environment and fishing.

What to buy

TALLER Y VENTA ARTESOL

Carretera General de Los Canarios, 104 922 444 463

El Taller y Venta Artesol is a shop selling artisanal products made by local artisans. Here you can buy lace work, embroidery, woollen fabrics, and basketwork.

DULCERÍA BOLLO DE CENTENO MI GUSTO

Carretera General de Los Canarios, 112 | 686 307 288 |

This family-run business is famous for its home-made rye bread rolls, made according to a recipe that has been passed down through the generations. As well as in the shop itself, you can also sample or buy these delicious rolls at Bar Parada and in the Salinas de Fuencaliente shop.

PANADERÍA ZULAY

Carretera General de Los Canarios, 84 711 74 19 17

Bakery located in Los Canarios, famous for its sourdough bread.

PALMAOLIVA OLIVE OIL

Palmaoliva olive oil won the Golden Olive award in 2018. In a plantation that spreads over 12,000 square metres, this company grows up to five different varieties of olive that produce around a thousand litres of oil. You can buy this liquid gold at Bar Parada or by the Salinas de Fuencaliente salt ponds.





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