

gastroguide

TENERIFE

ANAGA, TREASURES BELOW GROUND

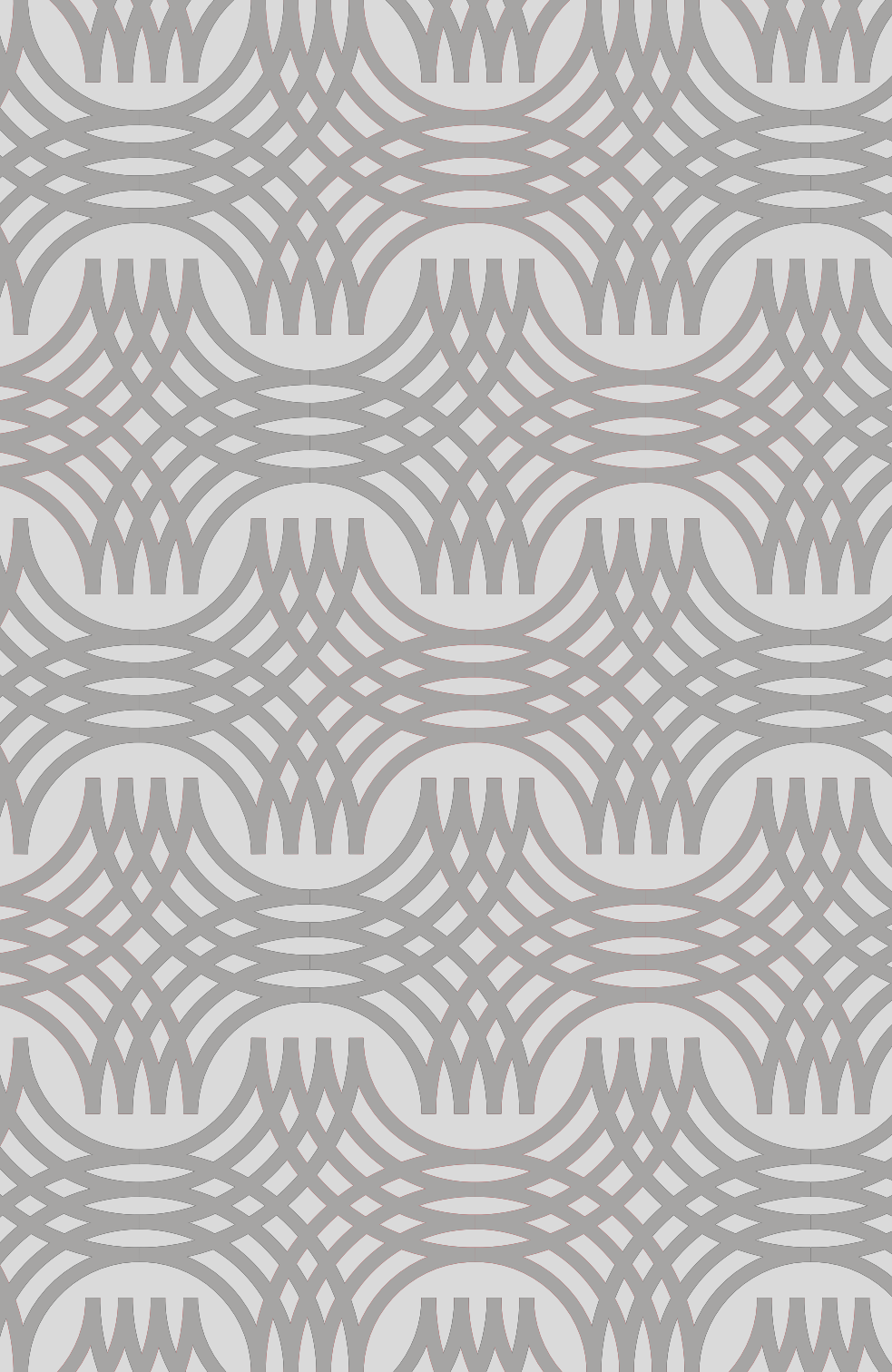


VOLCANIC
Experience

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.



TENERIFE



ANAGA, TREASURES BELOW GROUND





**WATERED BY THE RAIN CLOUDS
BLOWN IN BY THE TRADE WINDS,
NESTLED AMIDST LAUREL
FORESTS, ANAGA CONCEALS
GASTRONOMIC TREASURES
UNEARTHED THROUGH THE TOIL
AND SHEER DETERMINATION OF
ITS PEOPLE.**

The Anaga Rural Park is a protected site, home to agricultural, livestock, and fishing activities, with areas of great natural and ecological interest where the sustainable development of local populations is promoted.

On account of the extraordinary natural wealth found in the Macizo de Anaga mountains, this area has been declared a UNESCO Biosphere Reserve. Located on the north east side of the island, on the proposed hike, you will feel the beating heart of a place that rose up out of the ocean almost nine million years ago, a process prolonged through various eruptions and erosions that have moulded the terrain over the centuries.

A magnificent laurel forest carpets the Macizo de Anaga mountain range. The natural landscape is truly spectacular, peppered with little villages and hamlets that reflect the human occupation that has progressively transformed the land, ever since the first settlers came to the island. This historic flow has created enclaves with their own unique personality, willing to fight to preserve their values and traditions.

As you take your very first steps on this hike, deep in the laurel forest, you will be surrounded by biodiversity, reflected not only in the local flora and fauna, but also in the cultivated farmlands. The agriculture developed here, highly valued by the local population and by restaurant owners, is captured in the island's gastronomy, with a strong presence of tubers (potatoes, sweet potatoes, and yams).

The agrarian landscape also encompasses fruit and vegetables, which complement the diet of Anaga's residents, as it has done for generations. Discover a place brimming with life, unique on our planet, as you hike along the old footpaths that provided a connection to La Laguna and which have been used by locals for years. This area is home to extraordinary environmental, agricultural, and human wealth, which will make this a truly unforgettable hike.





Local Products



**THE LITTLE VILLAGES AND
THEIR VEGETABLE GARDENS
ARE DOTTED AROUND THE
LANDSCAPE COVERED BY THIS
HIKING ROUTE, INVITING US
TO DISCOVER THE TREASURES
ANAGA GUARDS BENEATH YOUR
FEET.**



Among the different products grown around Anaga, there are three that particularly stand out, which you will only be able to see on your hike during their growing season. These are three tuber crops that are highly prized in Canarian cuisine: *papas antiguas* (potatoes), *batatas* (sweet potatoes) and *ñame* (yams).

PAPAS ANTIGUAS (POTATOES): PAPA BORRALLA

The sweet potato is a very popular tuber, highly prized throughout Anaga. There are more than fifty local varieties, and at least twenty are grown in the Rural Park: Rajadilla, Azafranada, Corrigüela, Yema de Huevo, Tostonera, Picadilla, Colorada, Majorera, Cubana, Canaria... these are a few of the varieties grown in Las Carboneras, El Río and Chinamada.

BATATAS (SWEET POTATOES)

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ÑAME (YAMS)

This product is linked to the natural springs found in this area. Larger than a potato or a sweet potato, with a sweeter taste, yams are frequently consumed in Anaga in spite of the laboriousness of their production and preparation. Yams need at least two years before they can be harvested, and also require careful preparation before consumption.





Recipes and dishes



**FOOD EVOKES FEELINGS LINKED
WITH PLACES AND PEOPLE. THE
RECIPES PREPARED BY OUR
GRANDMOTHERS ARE AN OPEN
DOOR ONTO THESE EMOTIONS.**

Discovering the gastronomy of Anaga will take you on a journey back to the very beginning, to a love of cooking, to working the land, bringing the beauty of the landscape to each and every dish. Here are a few of the recipes jealously guarded by the local residents.

BOILED OR FRIED SWEET POTATO

Method

Sweet potato can be boiled with the skin still on and a pinch of salt, served with meat or fish dishes. You can also peel it, cut into strips, and serve as sweet potato fries.

TRUCHAS DE BATATA (SWEET POTATO PASTIES)

Ingredients

Sheets of pastry for large pasties, 1.3 kg sweet potato, 100 g chopped almonds, 100 g sultanas, 100 g sugar, zest of one lemon, 1 small glass of aniseed liqueur, and oil for frying.

Method

Wash the sweet potato, cut into chunks, place in a pan with water and bring to the boil. When it's cooked through, drain the water and leave the sweet potato to cool. Once you have peeled and mashed it thoroughly, combine with the rest of the ingredients and set to one side. Then take a sheet of pastry and place a tablespoon of the mixture in the centre. Moisten the edges and fold the pastry sheet over, pressing the edges together with a fork to seal it. Finally, fry them in very hot oil. You can sprinkle sugar over to make them even sweeter.



YAM, SWEET POTATO, AND POTATO STEW

Ingredients:

Sweet potato, cooked yam (optional), potatoes (four or five), water cress (one bunch), white beans, onion, peeled tomato, green pepper, pumpkin, pork ribs, corn cobs, carrot, beans, garlic, oil, saffron and salt





Method

Firstly, if the ribs are salted, soak them overnight in water, changing the water several times. If they are not salted, you can skip this step. Also the day before, leave a handful of white beans to soak overnight.

Place the previously soaked white beans, ribs, and corn cobs (in pieces) in a pan with water, and place them on the hob. Leave them to cook for a while, then add the water cress (having washed and chopped it previously, the finer the better), the potatoes, the sweet potatoes, the yam, the pumpkin, onion, tomato, green pepper, beans, carrot, crushed garlic, a little saffron and oil. Leave on the heat until cooked, and then leave it to stand for a while before serving. The vegetables included in this dish will vary depending on what is in season, so they can be substituted for others and added in varying quantities.



COOKED YAM

Ingredients

Yams, water, salt, and a wood fire.

Method

This is a very complex dish that requires the right preparation area, and it may well be in danger of disappearing.

Once the yams have been harvested, scrape them clean with a knife. Leave them to stand for eight to ten days. Then wash them in water and brush them leaving them to dry for two days. Place the yams in large pans with plenty of salted water, and then cook them over a wood fire for around fifteen hours. For the first five or six hours, the yam will release a viscous substance that must be skimmed off, so you have to gradually add water to facilitate this process.

Place a few heather twigs at the bottom of the pan so that, when you remove the yams, they do not get stuck or damaged. Place a few cabbage leaves or a clean cloth on top of the pan so that the yams do not dry out or become blackened.



Keep stoking the fire during the day and until night fall, when the pan will sit on the burning embers. After the yams are cooked through, drain the water and leave them to cool. They must be stored in the refrigerator and can be eaten in various different ways.

Cooked yam was for a long time the most typical product of the land here, eagerly anticipated throughout the Canary Islands as a prized ingredient at Christmas, Carnival, and Easter. It can be eaten with a spicy mojo sauce, as a hot or cold side dish to salted fish, or as an aperitif. As a dessert, it is served in slices, sprinkled with sugar, cinnamon, or with a drizzling of palm syrup.

PAPAS ARRUGADAS (WRINKLED POTATOES)

Ingredients

½ kg potatoes, three handfuls of coarse grain salt, water. Choose a medium to small variety of potato. We suggest a *papa antigua* variety of potato, such as the *papa borralla*.

Method

Wash the potatoes thoroughly. Leave them unpeeled and place them in a pan, adding water but not covering the potatoes. Place them over the heat, add salt, and cover. When the water comes to a boil, reduce to a medium heat and cook for between twenty and thirty minutes until the potatoes are soft.

The cooking time will depend on the variety of potato chosen and their size. You can prick them with a fork and if they open up, they are ready. Drain the remaining water, place the pan back over the heat to dry them out, making the salt stick to the skin. Stir over the heat for a few minutes, until you see the potato skin is becoming wrinkled, taking on the typical white colour because of the salt. You can eat them by themselves, with red or coriander mojo sauce, or as a side with fish or meat dishes.





Description of the itinerary

We suggest a circular hike that will take you along the PR TF-10 footpath and its variant PR TF-10.1 hiking down towards Las Carboneras, and then picking it up again from Chinamada to return to Cruz del Carmen.

This route around the Rural Park combines the magical atmosphere of the laurel forest with ancient silviculture and crop lands, taking you along the only footpaths used in the past by locals to reach the royal road to La Laguna. The rural landscape transforms with the seasons, offering different colours and textures as crops are rotated. Vegetable gardens and allotments grow a wide variety of vegetables alongside fruit trees to delight your senses over the course of the hike.





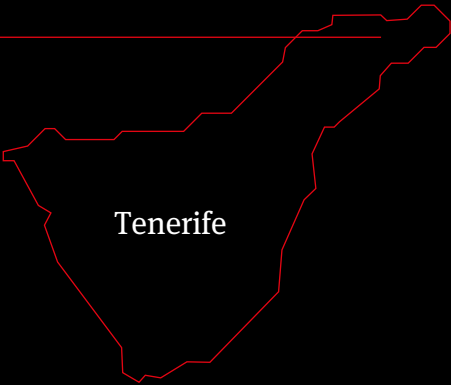
TIPS FOR MAKING THE MOST OUT OF THE ITINERARY

- Along this hike, allow your surroundings to swirl around you like a mist, awakening your senses. The aromas, sounds, and textures of the Monteverde forest will create unique memories for you on this route.
- If, along the way, you come across any of the locals, get chatting to them about their daily life. They are bound to have some wonderful stories to tell you that will enrich your visit to Anaga.
- Enjoy this trail at any time of the year. Try this hike during the spring or summer if you want to see the crops in all their splendour, but don't forget to be respectful of your surroundings.
- Be curious. Try out the most traditional local dishes. The gastronomy of Anaga is part of the noble nature of its inhabitants.
- We suggest checking with local restaurants in advance if you would like to try a particularly complex or seasonal dish, such as yam stew, which is usually made to order.
- Book your trip to coincide with one of the local festivities, so you can soak up the essence of the place.
- If you wish, you can stay at a hostel or a country cottage or holiday home, giving you the chance to enjoy more than one hike during your stay.





ANAGA, TREASURES BELOW GROUND



STOPS

- 1 A view over the Agüere Valley
- 2 The chapel built through barter
- 3 Camino de Gangocheras trail
- 4 El Río de Anaga, a river of yams
- 5 A stairway trail
- 6 The warmth of Las Carboneras
- 7 A village carved into the rock
- 8 A view over El Batán de Abajo

LEGEND

- | | |
|--|---|
| Proposed route |  Cultural site |
|  TF-12 Road |  Agricultural site |
|  PR TF-10 Footpath |  Bus stop |
|  Natural site |  Restaurant / Shop |
|  Car Park | |





Ficha técnica

- **Localities:**
Anaga (Cruz del Carmen, El Río, Las Carboneras, Chinamada), La Laguna, Tenerife
- **Starting point:**
Cruz del Carmen
- **End point:**
Cruz del Carmen
- **Approximate duration:**
5 hours (without stops)
- **Approximate distance:**
12 km
- **Minimum/maximum altitude:**
573-951 m
- **Difficulty:**
Medium
- **Direction of the route:**
Cruz del Carmen - Las Carboneras - Chinamada - Cruz del Carmen (circular)
- **Mode:**
On foot

OUTLINE OF THE ROUTE



How to get there

By road from Las Canteras, take the TF-12 to km6 in the direction of Cruz del Carmen. You can take several public transport lines from the terminal in La Laguna, which go to Cruz del Carmen. Lines: 076, 077, 274, 275.

Technical Recommendations

- Follow the signs on the footpath very closely, which will be marked with yellow and white PR signs (which stands for *pequeño recorrido* or short trail). We suggest you take a hiking stick or poles, since you will be hiking across steep terrain and damp ground, with frequent fog and mist. Also, the footpath crosses over the main road at several points, so please take great care.
- Act responsibly. Make sure you check any weather alerts before you set off and follow the instructions issued by official bodies at all times.
- We recommend wearing appropriate hiking footwear, suited to the difficulty of the route, a waterproof jacket, and a hat or cap to keep off the sun.
- Make sure you are carrying snacks and plenty of water, although you can also get water at the drinking fountains you will find along the way or in the restaurants located in the villages. There is little mobile phone reception in this area, but we do advise making sure your telephone is fully charged for use in an emergency.
- 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

A VIEW OVER THE AGUERE VALLEY



| LOCATION

Cruz del Carmen
(La Laguna).

| HOW TO GET THERE

Take the TF-12 from La Laguna towards Las Mercedes and you will reach the mirador-viewing point in Cruz del Carmen.

| LOCAL PRODUCTS AND RESOURCES

Potatoes, sweet potatoes, yams, gofio, cheese, fruit and vegetables. Traditional recipes served at nearby restaurants.

DESCRIPTION:

Before diving headlong into the hike itself, take your time to discover everything this place has to offer. Follow the signs to the Mirador de Cruz del Carmen, a viewing point that offers wonderful views over the Agüere Valley and the city of La Laguna, declared a UNESCO World Heritage Site in 1999, the first example of a non-fortified colonial settlement and direct forerunner to the colonial settlements founded in the Americas.

Founded in the late 15th century, a stroll around its streets will whisk you back almost to that age, as you admire the geometric urban layout, designed in accordance with the latest philosophical and scientific principles of the day, and which has survived almost intact. From this mirador, you can also see the different surrounding crop lands that have supplied the city for centuries. Finally, in the distance, you will glimpse the impressive Teide, the highest volcano in Spain, also declared a World Heritage Site in 2007.

GAZE OUT OVER THE AGUERE VALLEY, A WORD MEANING 'LAKE' IN THE ABORIGINAL LANGUAGE OF THE ISLAND



Our suggestions

- Visit the Anaga Rural Park Visitor Centre, a public facility that provides information, interpretation and education services about the resources offered by this natural space that covers around 14,500 hectares. Here, you can find out about this and other hiking routes available in the Park.
- Drop into Gangochera de Anaga, a shop and café that offers a wide variety of local products supplied directly from the producers, in accordance with a zero km food consumption philosophy.
- From early in the morning, the Cruz del Carmen restaurant is a hive of activity. Take a look at the menu, filled with traditional dishes such as *carne de cabrito* (goat) and *puchero canario* (a hearty meat and vegetable stew).

DON'T MISS...

Find out more about the Anaga Rural Park, its flora, fauna, its little villages, and all the possibilities it offers. Enjoy a delectable sweet potato doughnut. You'll be amazed by the sheer variety of local products you can find here.





2

THE CHAPEL BUILT THROUGH BARTER

**| LOCATION**

Cruz del Carmen
(La Laguna).

| HOW TO GET THERE

Take the TF-12 FROM San Cristóbal de La Laguna towards Las Mercedes or from Santa Cruz to Cruz del Carmen.

| LOCAL PRODUCTS AND RESOURCES

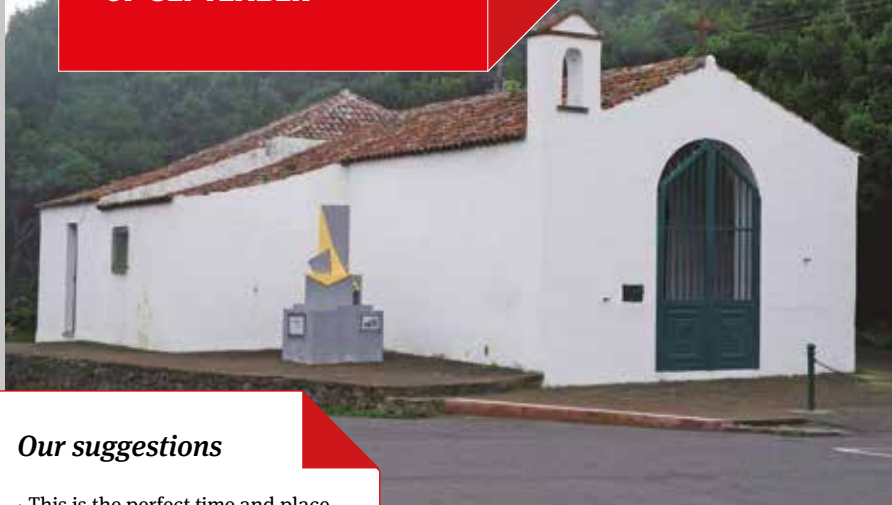
Potatoes, sweet potatoes, yams, gofio, honey, cheese, fruit and vegetables.

DESCRIPTION:

Stone by stone, bundle by bundle. Here you will find the Chapel of Cruz del Carmen. Up until the 19th Century, a cross stood here, dedicated to Our Lady of Mt. Carmel, who protected this spot, a crossroads for locals heading to the city to exchange or sell their goods from all across Anaga.

According to local tradition, a forest guard at the time reached a deal with the people who passed through here. For every stone they provided, he would exchange a 'bundle' of firewood, and gradually, the first chapel was built for La Cruz del Carmen. Later, in 1961, another chapel was built and subsequently extended to its current size.

**LA CRUZ DEL CARMEN HOLDS
FESTIVITIES IN HONOUR OF
OUR LADY OF MT CARMEL ON
THE FIRST SUNDAY
OF SEPTEMBER**



Our suggestions

- This is the perfect time and place to stock up on provisions you might need for the hike. If you are looking for snacks to give you an energy boost, go for a traditional sweet treat such as La Gangoche-
ra's pumpkin pie, or grab a *gofio* energy bar.
- Check your equipment and the information panel for the PR TF-10 TRAIL. If you have any questions, head to the Visitor Centre.
- Take this opportunity to check the weather forecast before setting off.

DON'T MISS...

If it's cold outside, treat yourself to a *barraquito* to warm yourself up. It's a combination of coffee, fresh milk, condensed milk, a hint of cinnamon, lemon peel, and liqueur. Try one with the lot! Go inside the chapel if it's open and spend some time there.

If you are visiting on the first Sunday in September, enjoy the festivities that take place, including a procession, the traditional meal known as *la comida de los manteles*, followed by a lively celebration.





3

CAMINO DE GANGOCHERAS TRAIL

**| LOCATION**

Cruz del Carmen
(La Laguna).

| HOW TO GET THERE

Take care when crossing the main road and head to the right of the Cruz del Carmen restaurant. The footpath begins by the information panel for the PR TF-10 trail.

| LOCAL PRODUCTS AND RESOURCES

Timber obtained from forest management.

DESCRIPTION:

It's time to delve into this magical laurel forest in search of the treasures hidden underground. From the moment you set foot on this first stretch of the trail, you will be captivated by the magic of the place, and you would be forgiven for thinking that you have stepped outside of space and time. Take the PR TF-10 footpath downhill.

You might feel like you have been trapped in the tertiary period. The mist, the trees surrounding you, the crisp fresh aromas and the sounds of this trail will envelop you in its humid landscape, carpeted with gnarled tree roots, bushes, moss, ferns, and vines.

**THIS EXTRAORDINARY PLACE
IS PROTECTED BY VARIOUS
PRESERVATION CATEGORIES:
PARQUE RURAL DE ANAGA,
ZEC, ZEPa AND BIOSPHERE
RESERVE**

Our suggestions

- Let your senses be your guide and really connect with nature.
- Feel the breeze, the humidity, the crisp fresh aromas you can breathe in all around you.
- Listen to the forest, slow your pace to admire the landscape that stretches out before you.
- Try to identify the different species found in the laurel forest.
- See if you can spot the natural dams formed by ancient fissure vents that have been exposed by erosion.

DON'T MISS...

The Anaga Rural Park is an extraordinary example of biodiverse flora and fauna. See if you can spot the bird life that inhabits these forests. You might be lucky enough to see two of the endemic species associated with the monteverde forest: Bolle's pigeon and the laurel pigeon; you might even be surprised by the song of a Eurasian blue tit, a common chiffchaff, a robin, or a thrush.



4

EL RÍO DE ANAGA, A RIVER OF YAMS

**| LOCATION**

El Río (La Laguna).

| HOW TO GET THERE

Follow the PR TF-10 and cross the Pista de las Hiedras path and then continue towards Las Carboneras. Keep walking down until you cross a little gully and reach a small cluster of houses: El Río.

| LOCAL PRODUCTS AND RESOURCES

Potatoes, sweet potatoes, pumpkins, *bubangos* (Canarian courgette), corn, yams.

DESCRIPTION:

The landscape gradually changes as you hike down the trail. After the laurel forest, you will find an area of vegetation known as Fayal-Brezal (where fire trees grow interspersed with tree heather), leading out to the first village you will come across during this hike: El Río, a smattering of houses surrounded by cottage gardens and allotments growing different crops, particularly tubers and vegetables.

El Río is named after the natural spring that breaks the surface close to the nearby gully. Keep your eyes and ears peeled for the sound of running water, as very close by Anaga conceals one its greatest treasures: 'yam springs'.

ORIGINALLY FROM ASIA, THE YAM ARRIVED IN THE CANARIES SHORTLY AFTER THE ISLANDS WERE CONQUERED, POSSIBLY IMPORTED BY THE PORTUGUESE



Our suggestions

- Enjoy a leisurely chat with people you come across farming the land here.
- Think about the immense effort it requires to continue cultivating this land.
- Enjoy the landscape. Open your eyes wide and contemplate the yam plantations, also known here as ‘yam springs’. You’ll find them growing in little river or stream beds.
- Check out the cave where the men from Las Carboneras would have a rest after attending celebrations or *parrandas* (parades) in other villages.

DON'T MISS...

After you have passed the road and continued along the footpath, on the right you will see a row of houses. Take a look at the last house and you will see a smoky room, where Clemente and Tina have been cooking yams over a wood fire for decades.





5

STAIRWAY TRAIL

**| LOCATION**

El Río y Las Carboneras (La Laguna).

| HOW TO GET THERE

Continue along the PR TF-10 path, taking care as it crosses the main road twice, and then carry along the footpath known as Las Escaleras through the PR TF-10.1 branch on the right-hand side until you reach Las Carboneras.

| LOCAL PRODUCTS AND RESOURCES

Potatoes, sweet potatoes, pumpkins, courgettes, corn.

DESCRIPTION:

After passing by allotments, orange groves, and other fruit orchards, continue down along the footpath, which will take you past a pond. In the first half of the 20th Century, water was diverted from El Río to La Laguna to supply its inhabitants.

Keep an eye out, because these paths are still in use today, and it's not unusual to see people carrying produce on their shoulders. When you reach the crossroads, where we will take the PR TF-10.1 branch, you can enjoy your first view of El Batán on the left. On the right, leaving El Roque de Las Tenerías behind and continuing downhill, you can admire the views of El Roque de Taborno.

THE MACIZO DE ANAGA MOUNTAINS ARE HOME TO A SCATTERED POPULATION OF AROUND 2,000 INHABITANTS SPREAD OVER TWENTY OR SO VILLAGES AND HAMLETS



Our suggestions

- Be friendly and ask people about the kinds of work they carry out in this area.
- Ask people about what types of crops they grow here.
- Wear a waterproof jacket and take care you don't slip, since there is often mist and dew on the ground.
- Look at the crops you see growing as you hike, which include tubers, courgettes, and corn, the staple ingredients of stews and other local dishes

DON'T MISS...

In the nearby village of Taborno, in November, they celebrate a festival for the *papa Borralla* variety of potato. It's worth finding out more about and sampling these potatoes at this unique event, which brings together many of the inhabitants of Anaga.



6

THE WARMTH OF LAS CARBONERAS

**| LOCATION**

Las Carboneras
(La Laguna).

| HOW TO GET THERE

Once you have come to the end of Las Escaleras, the stairway trail, continue walking along the left-hand side of the road into the little village of Las Carboneras.

| LOCAL PRODUCTS AND RESOURCES

Potatoes, sweet potatoes, pumpkins, courgettes, corn, oranges, etc.

DESCRIPTION:

After hiking down a beautiful path, you reach a road that leads to the centre of the village of Carboneras. On the right, towards the Plaza de San Isidro, there is a fountain, where you can cool down and refill your water bottle.

Have you ever wondered why the village is called Las Carboneras? In times gone by, there was a dense forest used by the inhabitants of Anaga to find wood and make charcoal (*carbón* in Spanish), the main source of fuel in days of old. This forest also provided timber to build houses, for farming tools, and utensils for the home. The land on which trees no longer grew was then used to plant sweet potatoes, potatoes, or corn, crops that are still grown today and rotated according to the season.

If you come here in June, you can enjoy Las Carboneras' village festival, in which one of the most traditional and eagerly anticipated acts is the blessing of the livestock and the pilgrimage.

**SILVICULTURE IS STILL
A MAJOR FOREST
MANAGEMENT ACTIVITY.**



Our suggestions

- Ask older residents about the origin of the village's name.
- Take a look around the Plaza de San Isidro. In the past, this square was made up of four plots of land: El Hoyo (at the bottom), El Barrial (in the middle), Cho Felipe and La Era de Arriba. All of them speak to us of the cereal-growing history of this area.
- Take a look at the vegetable gardens; there you will find treasures hidden underground, such as the sweet potato. The ability to distinguish between them is a measure of rural wisdom.
- Take a walk around the narrow streets surrounding the Plaza and the church of San Isidro. Remember that there was no road to this village built until the 1970s.

DON'T MISS...

Sample some traditional dishes. For example, try the *potaje de ñames* (yam stew) at the bar Tesegre, made according to the present owner Bea's grandmother's recipe, or the excellent *escaldón* (*gofio* with broth).

At the Restaurante Valentín, you could try *papas arrugadas* (wrinkled potatoes) with some spicy *mojo* sauce. Ask if they have any *papa Borralla* potatoes, and sweeten your palate with the restaurant's most famous desserts, such as *huevos moles* (a fluffy egg custard) or *gofio* mousse.



7

A VILLAGE CARVED OUT OF THE ROCK

**| LOCATION**

Chinamada (La Laguna).

| HOW TO GET THERE

Continue walking down Calle El Montito, following the signs for the TF PR-10. On the left, take the footpath once again and climb up the stairs to Chinamada.

| LOCAL PRODUCTS AND RESOURCES

Potatoes, sweet potatoes, pumpkins, courgettes, ethnographic attractions (cave-houses).

DESCRIPTION:

The isolation of this place, together with its terrain, make it seem like almost an abandoned landscape. Most of the houses have been carved out of the soft rock, also known as *toba*, and they used to coexist with other types of housing, which have long since disappeared, built with stone walls and thatched roofs made from wheat or rye, known as *pajales*.

These caves were used as a shelter for livestock or as grain stores, and gradually evolved to meet the needs of local inhabitants. Crop-farming in the area was mainly devoted to cereals. Goat farming was also very important, making the most of ravines and mountain slopes for grazing.

The main crop grown today is potatoes, rotated with other complementary vegetable crops. *Papa Borralla* potatoes are planted in March and can be eaten during the summer months.

MOST OF THE HOUSES IN CHINAMADA HAVE BEEN CARVED INTO THE ROCK, CAPITALISING ON THE GEOLOGICAL FEATURES OF THE SURROUNDINGS

Our suggestions

- Pick up a guide to Chinamada at the Visitor Centre to learn more about the fascinating history of this place.
- Walk around the village, respecting the privacy of its residents. Although it is one of the oldest places in Anaga, there was not even a dirt track leading to this village until 1992.
- Be mindful of the time the sun will be setting and calculate how many daylight hours are left for you to return.
- You can continue along the Charco Hondo agricultural foot-path, which will take you to the mirador-viewing point in Aguaide, giving you fantastic views over Punta del Hidalgo, mist and fog permitting

DON'T MISS...

Take part in the festivities held on the third Sunday of August, or visit during the pilgrimage made every five years since 1995. Locals carry a statue of San Ramón Nonato in a procession from Chinamada to Las Carboneras, returning via the same route you have been following.

You should also try some of the *puchero* stew made by Doña Matilde in her restaurant, carved into the rock like many of the traditional houses in this area.



A VIEW OF EL BATÁN DE ABAJO



| LOCATION

Chinamada, Cruz del Carmen (La Laguna).

| HOW TO GET THERE

Retrace your steps to take you to the road that brought you to Chinamada, and then take the PR TF-10 on the right, up towards Cruz del Carmen.


| LOCAL PRODUCTS AND RESOURCES

Yams, grapevines, ethnographic attractions.

DESCRIPTION:

As you climb back up to your starting point, enjoy the landscape as you plunge back into the forest. You will find a seat where you can catch your breath, before continuing up a set of steps that will make the hike more manageable. You will come across the remains of an ancient cobbled path and be amazed by the different volcanic colours of the surrounding landscape. You will pass through the Tomadero gully until you reach Las Escaleras gorge, continuing to climb.

El Batán, which you will be able to make out from your position, is a land of yams, but also of heroic viticulture. The small plots of cultivated sloping land have subsisted thanks to the endeavours of wine-growers, who have maintained this historic tradition for five centuries, doing everything by hand. The name of this place derives from the ancient *bataneras* (fulling mills), which were powered by the force of the water running down the ravines, allowing an important textile industry to develop in the past.



WINE-GROWING IN THIS AREA IS POSSIBLE THANKS TO SOMETHING KNOWN AS 'HEROIC VITICULTURE' ON ACCOUNT OF THE DIFFICULT CONDITIONS FOUND HERE

Our suggestions

- When you reach Cruz del Carmen, head towards the Restaurante Cruz del Carmen and round your hike off with some delicious traditional food. We recommend the puchero stew, but you should book ahead.
- Discover the products grown or made in the Anaga Rural Park and take a souvenir of your time here with you.
- Discover the great treasures of the local wines, made using unique ancestral grape varieties. Enjoy a glass with some traditional fresh goat's cheese.

DON'T MISS...

Stop and admire the village of El Batán, scanning the Roque de los Pinos on the horizon. Take photos of the different landscapes that capture your imagination with and without the characteristic mist and fog.





Where to eat, drink, and shop

LA GANGOCHERA DE ANAGA

Ctra. al Monte de las Mercedes. TF- 12 Km 22.7 | 922 264 212

Opening times: daily from 9am to 4:30pm.

The perfect place to buy and sample local products. The shop sells a wide variety of zero km food products. A daily set menu is served, with some delicious home-made desserts including pumpkin pie and *truchas de batata* (sweet potato pasties).

RESTAURANTE CRUZ DEL CARMEN

Ctra. Monte de las Mercedes Km 22, TF-12 | 922 250 062 / 922 545 256

Opening times: Friday to Wednesday, 11am to 6pm. Saturdays and Sundays, 9am to 6pm. **Closed:** Thursdays.

Here you can sample some of the most typical dishes found in the Canary Islands, including *puchero*, a stew made with locally grown vegetables, or *cabrito* (goat), served from December to February, just two of the many dishes served in this popular restaurant.

RESTAURANTE VALENTÍN

Ctra. Las Carboneras, 19 | 639 993 573

Opening times: from Saturday to Tuesday, 10:30am to 6pm. **Closed:** Wednesdays, Thursdays, and Fridays, except for public holidays.

The cosy décor will draw your eye as soon as you enter. Its star dishes include vegetable stew, rabbit or goat served with *papas arrugadas* (wrinkled potatoes) and sweet potato, or its home-made fresh cheese. For dessert, why not try a traditional dish such as *huevos moles* (fluffy egg custard), or something a little more innovative, such as the *gofio* mousse. During the summer months, ask if they have any *papa Borralla* potatoes, and if you are here at Christmas or during carnival, try some yams and sweet potato. There is also a little shop attached to the restaurant, La Despensa, which sells bread, fruit and vegetables, every day from 9:15pm to 1pm.

RESTAURANTE TESEGRE

C/El Montito, 1 | 636 996 721 / 699 605 875

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

This place has for several generations been serving up traditional Canarian food, growing their own vegetables to use in their dishes. Its star dishes include seasonal vegetable stew, *gofio* served with broth (*escaldón*), fried rabbit, and goat. Ask whether any of their dishes include sweet potato, yam, or papa Borralla potatoes.

RESTAURANTE LA CUEVA

Camino Chinamada 14 A. | 922 690 076 / 622 295 188

Opening times: Wednesday to Sunday, 10am to 7pm. **Closed:** Mondays and Tuesdays, except for public holidays.

The vegetables served at this restaurant are taken straight from the allotment. The produce they grow (potatoes, sweet potatoes, pumpkins, courgettes...) are used in a *puchero* stew made strictly according to the traditional recipe. Stewed octopus (*pulpo guisado*) and a hearty meat and chickpea stew known as *ropa vieja* are just two of the many dishes featured on the menu.

ANAGA RURAL PARK VISITOR CENTRE

Ctra. Las Mercedes, Km. 6. 38294 San Cristóbal de La Laguna
| 922 633 576 | cvisitantes@tenerife.es

Opening times: summer (July to September), every day from 9:30am to 3pm. Rest of the year (October to June), every day 9:30am to 4pm.
Closed: 24, 25 and 31 December, 1 and 6 January.

The centre can offer information and recommendations about possible hiking routes along the numerous footpaths. You can pick up a hiking guide or interesting books about the Rural Park.



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:

Ángeles Acosta

Translation:

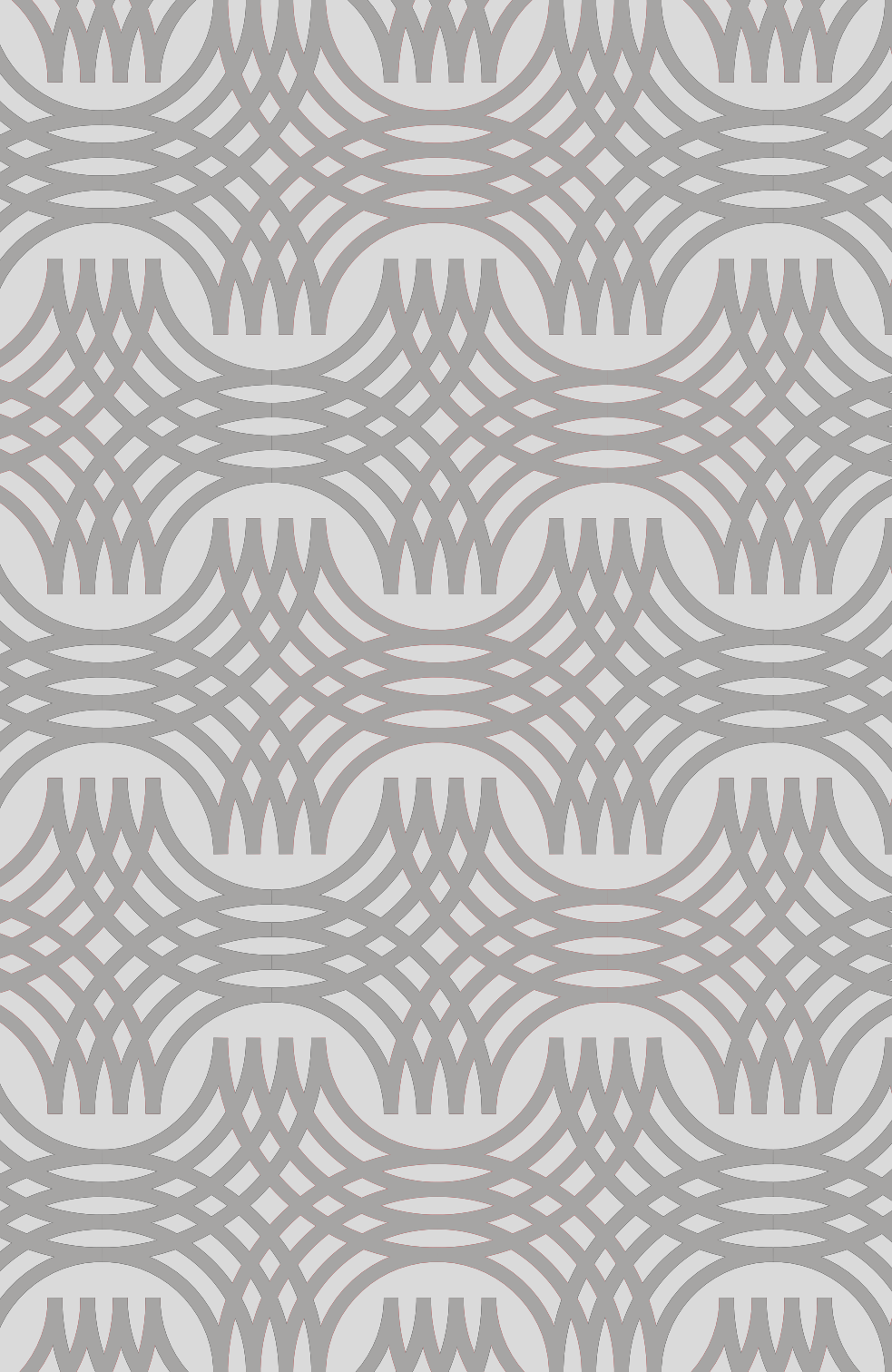
Anna Moorby (translator) and Elena Berlanga
(proofreader)

First edition:

February 2020

Legal Deposit:

TF 30-2020





CANARY
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Fondo Europeo de
Desarrollo Regional