

gastroguide

LANZAROTE

THE ROUTE OF THE FOUR ELEMENTS

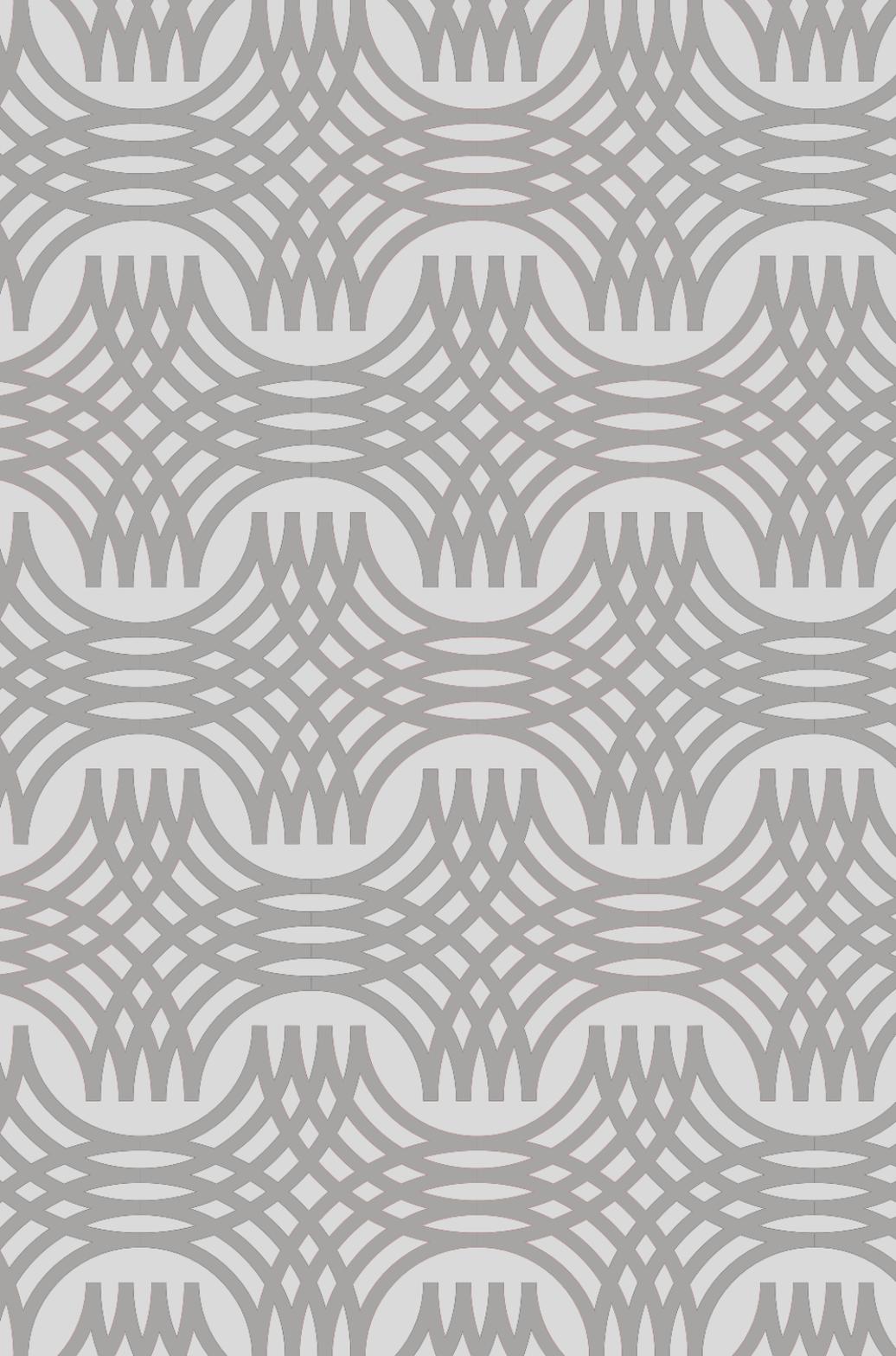


VOLCANIC
Experience

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.





LANZAROTE



THE ROUTE OF THE FOUR ELEMENTS





**EARTH, FIRE, WATER AND
AIR. FOUR ELEMENTS
THAT WILL MERGE TO
SHOW YOU A LANDSCAPE
OF UNIQUE FLAVOURS.**

We invite you to join us on this journey, where you will walk through a contrast-filled landscape and where the four elements will be more perceptible than ever. With the fire of the sun and the volcanoes, the trade winds, the volcanic earth and the water that irrigates the fertility of the land.

Lanzarote, located only 140 km from the northwest coast of Africa, with its arid climate and volcanic soil, declared a Biosphere Reserve by UNESCO, offers a unique itinerary.

A route that connects the enclaves of Tías and Yaiza, crossing areas such as the Protected Landscape of La Geria, in an environment constantly watched over by the volcanoes of the Parque Nacional de Timanfaya (Timanfaya National Park). This area of blackish tones contrasts with its small, impeccably white hamlets and the works of art of César Manrique. A lifelong lover and promoter of the island, his deep legacy as a protector of nature is still very much alive in local memory.

The proposed itinerary speaks of the natural and human history that has shaped this cultural landscape, the result of the eruptions that took place between and, which completely covered it with ashes, *lapilli* and sand, an area once very rich in cereal crops, millet, chickpeas, etc.

That land of mud and sediment became a vast blanket of ash, forcing the local population to look for new strategies to exploit this new reality in economic terms. The vine then became the crop of choice, giving rise to the development of unique techniques that today provide us with extraordinary wines and a heritage legacy.

Today, you will have the chance to admire one of the most important wine-growing landscapes in the world while at the same time getting into the soul of a special island where you will constantly feel the presence of the four elements.





LANZAROTE AND THE 4 ELEMENTS

The *malpaís* (a Canarian toponym referring to the formation of volcanic lava compacted into a thousand shapes) of Lanzarote, its arid climate, strong winds and lack of rainfall are not favourable ingredients for the development of agriculture. However, thanks to their ingenuity the island's population has been able to make the most of the power of the four elements which, combined together, have given us a unique landscape in the world and an exceptional food culture.

Water, or rather its absence, has made it necessary to create a water culture with different strategies to make the most of its scarcity. There are no natural streams or rivers on Lanzarote and annual rainfall is extremely low. Fountains, cisterns, ditches, drinking troughs and culverts are found all over the island to distribute and store this precious commodity, which will follow you stealthily along your hiking route.

The earth, hidden under the ashes, protected by the *picón* (volcanic sand), is the mother of crops. After the volcanic eruptions of 1735, the land was covered by this blackish mantle that kept a perfect temperature and humidity for the development of viticulture and other crops. This natural form was applied to the rest of the island through sanding (*enarenado*), whereby other areas of the island are covered with *picón* to protect the soil.





The third element, fire, is represented both in the burning sun and in the volcanic lava. The abundant hours of sunshine and the scarcity of rainfall greatly conditioned the historical farming strategies, which were always oriented towards rainfed crops, and led Lanzarote, as in the rest of the archipelago, to become a special tourist destination. Likewise, the historical action of the volcanoes immerses the island in a mythology of underworld references, where the underground forces emerge in the form of lava and fire. In La Geria, the peasants had to perforate the land, creating holes to retain moisture and allow the vines to grow.

And finally, the wind. In Lanzarote, the trade wind blows its last breaths before disappearing on the edge of the continent. And it does so strongly throughout the year. This makes it necessary to protect the crops by means of windbreaks that have to do their job in order for the seeds to sprout vigorously, as you can easily see throughout the landscape of La Geria. Like Fuerteventura, Lanzarote is also a land of mills, essential for obtaining energy and for grinding the grain that would be the basis of the population's livelihood.

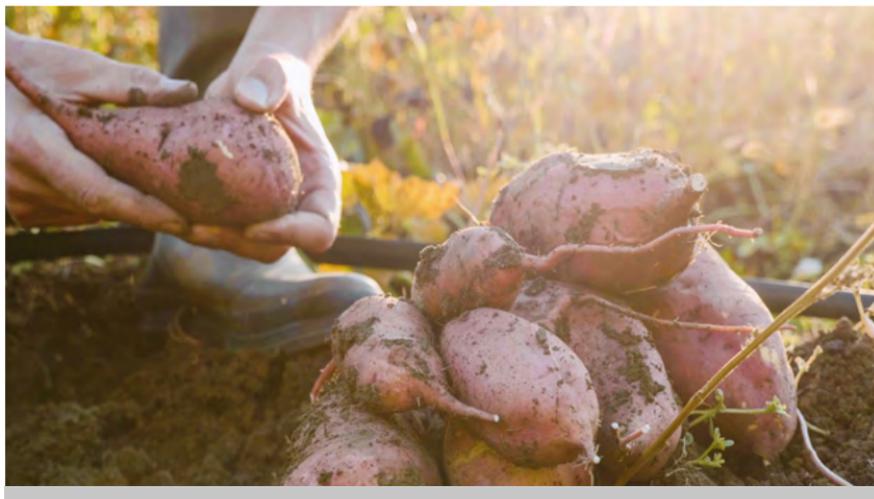




Products



OUR ROUTE TELLS THE HISTORY OF LANZAROTE CROPS. SOME OF THEM STILL SURVIVE IN THE PRESENT DAY, WHILE OTHERS ARE RECALLED IN THE MEMORY OF MILLS, ROADS AND PRICKLY PEAR PLANTS.



When the volcanoes of Timanfaya erupted, the local peasantry was forced to find new ways to exploit agriculture, and so began the cultivation of vines, which can still be seen in all its splendour in the Protected Landscape of La Geria.

An extraordinary wine-growing landscape flourishes here, where we find different varieties of vines and in which the Malvasía Volcánica stands out with its own light. Internationally recognised wines are obtained from this grape, the main attraction for wine tourism, thanks to which the different wineries in the area receive thousands of tourists every year.

In the immediate surroundings of these vineyards, we can also identify plenty of fig trees, whose cultivation is carried out in a similar way to that of grapes, in holes dug in the volcanic sand, as well as other more recent products, such as avocado and guava trees, which protect the vines with their sweetness. We will also see orchards full of *tuneras* that tell us about the importance of these cacti, especially during the second half of the 19th century, when the cochineal was the insect chosen to solve the serious crisis caused by the fall of Canary Island wine on the international market.

Along our route, we will also see onion fields, especially in the area of Tegoyo, but also tomatoes, cereals, figs and millet. Arriving at Uga, one of the final destinations, our palate will be surprised by the Uga salmon, which is smoked using a method that is unique in the world. Both here and in the neighbouring Yaiza and its surroundings, we can also find several very productive farms, artisanal cheeses of really great quality and even innovative projects that aim to bring camel milk to the market, thus taking advantage of the remarkable roots of this animal in the area. Lanzarote is full of unique flavours, and many of them are to be found along our route.





GRAPE VARIETIES

The Canary Islands have one of the most outstanding wine-growing heritages in Spain, the result of the work of generations of winegrowers and winemakers, the excellent weather conditions, its particular orography, the volcanic soil and the presence of the trade winds. Furthermore, the Canary Islands is one of the four regions free of phylloxera, a plague that devastated most of the planet at the end of the 19th century. As a result, more than 80 different grape varieties have been preserved, of which around twenty are endemic.

In Lanzarote there is a characteristic and unique variety in the world: the Malvasía Volcánica, of great quality due to its balance, flavour and scent. Other important varieties are Listán Blanco, Listán Negro, Moscatel de Alejandría and Diego.

MALVASÍA VOLCÁNICA

This variety is closely linked to Lanzarote, where it is predominant. It has a very good commercial yield, producing high quality wines that are internationally recognised. This variety is perfectly adapted to the type of cultivation on the island, offering very aromatic wines of great finesse, with good acidity and well-structured.

DIEGO

Most common variety on the islands of La Palma and Lanzarote and to a lesser extent on Tenerife and El Hierro. It is usually grown in enough numbers to make single-varietal wines, although there are areas where it is blended with other varieties. It stands out for its high acidity and for its cultivation in high areas, probably to compensate for the low acidity of coastal musts. It offers wines of great quality, given its marked acidity, good structure and aromatic power.

MOSCATEL DE ALEJANDRÍA

This type of grape is common in Gran Canaria and Lanzarote, where it has adapted perfectly. Productivity is high and does not require long pruning, although several harvests are often necessary to achieve the desired maturity. It is usually used in single-varietal wines or in combination with others, highlighting its aromatic character and sweetness, ideal for producing sweet wines.



WINES

The island's climate leads to an early harvest: the first in Europe. July marks the beginning of the traditional harvesting of the prized grapes. Most of the harvest is used to make white wines, whether dry, semi-dry, sweet, liqueur, *crianza* or sparkling, although there are also excellent rosés and reds. The numerous national and international awards won year after year are the best proof that the wines made in volcanic lands are beginning to enjoy a good reputation for their distinct mineral characteristics. This is due to the fact that the islands are geologically very young, so their soils transmit that deep minerality to the wines.

The grapes are harvested without any mechanisation, and the healthy grapes are used to make protected wines. The grape harvest is carried out in accordance with the capacity of the cellars in order to avoid deterioration of their quality.

The most characteristic wine of Lanzarote is produced with the Malvasía Volcánica variety, with an excellent palate, a toasted, bright and amber colour that emits bright flashes, an almond flavour, with fine, balanced and intense aromas, and with touches, in some cases, of acidity. Its palate is voluptuous and full-bodied.

The virtues of Malvasía wine have been echoed in literature by personalities such as the enlightened monarch Charles III, Walter Scott, Goldoni and William Shakespeare himself.





Recipes and dishes



THE TRADITIONAL RECIPES OF LANZAROTE ARE CHARACTERISED BY THEIR GREAT SIMPLICITY. THE MOST RENOWNED DISHES ARE NOURISHED BY PRODUCTS FROM A POTENTIALLY HOSTILE ENVIRONMENT, WHERE RAIN-FED CROPS AND THE GIFTS OF THE SEA ARE KEY.

Vegetables, tubers, such as potatoes and sweet potatoes, cereals and millet, together with the vine, form the basis for the most traditional dishes: *gofio* in its different forms, stews, casseroles... which are a wonderful complement to meat, fish and other seafood products.

Sancocho, marinated tuna, fish in onions, fried or stewed octopus, sardines and *pejines*... make up a catalogue of fresh recipes that should be served with potatoes or sweet potatoes and their respective *mojos*. All this without forgetting one of the gifts of the local cuisine: a good Malvasía Volcánica wine.

PESCADO ENCEBOLLADO (FISH IN ONION)

Ingredients: salted fish (preferably wreckfish), onions, tomatoes, pepper, garlic, oil, black pepper, vinegar, parsley, saffron, bay leaf and thyme.

Preparation: firstly, if the fish is salted, you must soak it and change the water several times to remove the excess salt. The fish is cooked a little so that it does not fall apart and is left for the end. In a pot with a little oil, sauté the onions and pepper.

Then add the diced tomatoes, bay leaf, thyme and saffron. Leave it on the heat to stir-fry. In the meantime, grind the black pepper, garlic cloves, salt and a little vinegar in a mortar and pestle. Put it all together with the fried food and leave it on the heat for a while. At the end, add the fish and let it boil so that it takes on flavour and the fish is cooked for a few minutes.





ATÚN EN ADOBO (MARINATED TUNA)

Ingredients: top quality tuna, garlic, *pimienta picona* (hot pepper), paprika, olive oil, thyme, bay leaf, vinegar and salt.

Preparation: Preparation: this is a common dish in Canarian cuisine, but in Lanzarote it differs in the way the *majado* (paste) is done. The first step is to cut the tuna into small cubes or quarters. Next, prepare the *majado* by introducing all the ingredients, except the fish, the hot pepper and the bay leaf, into the mortar or the blender. The latter two are added whole to the tuna and then removed. Stir the paste into the fish and mix well until it is spread over the entire surface.

Ideally, the mixture should be left to macerate at least overnight to allow the flavours and aromas to soak in. Then brown the fish in a frying pan and put it back in the marinade, where it will finish cooking for a few minutes. Serve with stewed potatoes or sweet potatoes.



PELLA DE GOFIO O GOFIO AMASADO (BLOCK OF “GOFIO” OR KNEADED “GOFIO”)

Ingredients: *gofio* from Lanzarote, oil, water. Optionally, add almonds, sultanas or sugar.

Preparation: Preparation: this is a very popular dish, which was used to take the edge off people’s hunger during the working day, as it has a fairly high energy content. It consists of mixing the *gofio* with the above-mentioned ingredients to make a ball of varying size. On other islands, it was also mixed with honey, although on Lanzarote this practice is not so popular. This *gofio pella* was sometimes served with cheese or figs, which were the usual basic foods of peasants.



CALDOMILLO (MILLET SOUP)

Ingredients: 1 pepper, 1 small onion, 2 garlic cloves, 2 or 3 tomatoes, 4 eggs, 4 cobs of millet (only the millet), 2 potatoes per person, paprika, wheat, cumin, olive oil and salt. It is important that the millet and wheat are of local origin.

Preparation: Peel the tomatoes and chop them, as well as the onions, peppers and garlic. Put them in a pot with oil. Peel the potatoes and add them to the pot with paprika and cumin. Then add the loose millet from the corn, just the kernel. Cover with water and boil for ten minutes, then lower the heat to medium. When the potatoes are cooked, the soup is done. At the end, add one egg per person, which is cooked in the heat of the covered pot. And food is ready!



TRUCHAS DE BATATA (SWEET POTATO PASTIES)

Ingredients: 500 g flour, orange or lemon zest, half a cup of oil, water and salt. To make the filling: half a kilo of yellow sweet potato, 100 g sugar, cinnamon and lemon zest.

Preparation: typical for any feast, especially at Christmas or Easter. For the pastry sheet, mix and knead the flour with the oil that you have previously infused with the orange or lemon peel, adding the necessary water until you have the desired dough.

While it is resting, boil the sweet potato with the cinnamon. When it is ready, crush it, adding the lemon zest and the almonds. At the same time, make a syrup and get the mixture in. Finally, roll out the dough into small wafers and place some of the filling inside. Close the wafer and mark the folds with a fork. Fry them in plenty of oil and sprinkle with icing sugar and cinnamon, optionally.





Description of the itinerary

The proposed route is part of the long-distance footpath GR-131, stage 4, which you will take from the village of Tegoyo. At Montaña Tinasoria and Guardilama you will leave this path to cross La Geria by means of the PR-LZ-06 footpath until we reach Uga.

The hermitage of Vega de Tegoyo is our proposal as the perfect meeting point to start the hike. Crossing the LZ-501 and descending between farmhouses along the Callao II road, you will come to the GR-131 path on the right, as the signs will warn you.

From here, you will go almost in a straight line and slightly downhill until you reach La Asomada, where you will take the PR LZ-06 path, which will lead you, via a small climb, to the mountains of Tinasoria and Guardilama. Going down this mountain, towards La Geria, you will take a road that will lead you to the LZ-30, where most of the wineries and places of interest in this protected landscape are located. Once you have visited them, you have two options: either return to the path, retracing part of the way, or proceed with great caution on the side of the LZ-30 road. In both cases the destination will be the same: the village of Uga.

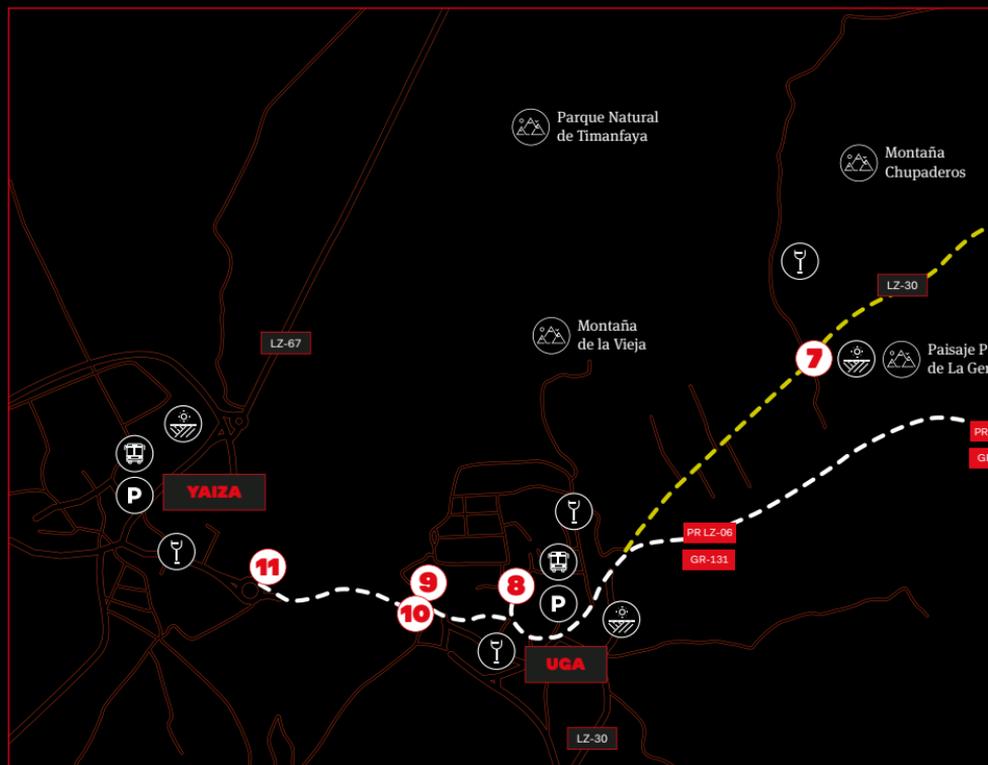
Once here, you will have different options to go into the village, visiting different places of interest that will lead you to the final point of the route: Yaiza, where its imposing mill awaits you to end this journey through the four elements.



TIPS FOR MAKING THE MOST OUT OF THE ITINERARY

- Pay attention to the changes in the landscape; all views are different.
- Plan which stops you want to make, as we suggest some detours. So you can choose to eat along the way or at one of the proposed wineries or restaurants.
- Visit the Bodega el Rubicón. It is also a very interesting museum on the history of winemaking and other agricultural work.
- Witness some wonderful sunsets in La Geria.
- Try some wine from the latest vintage of Bodega El Tablero, one of the most hidden and special wineries in La Geria.
- Keep a piece of the best salmon in the world at La Ahumadería de Uga smokehouse.
- Above all, open up all your senses and talk to the locals to fully immerse yourself in the landscape and culture of Lanzarote.

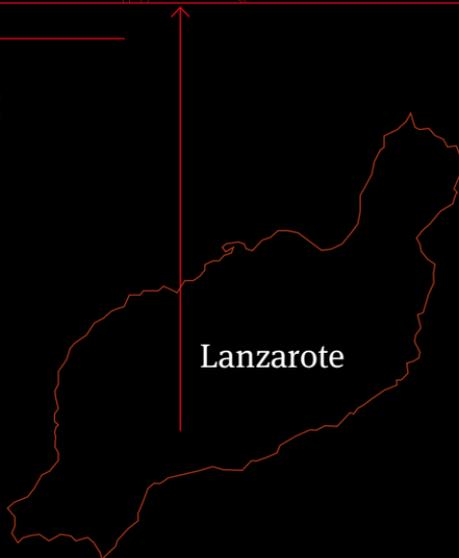




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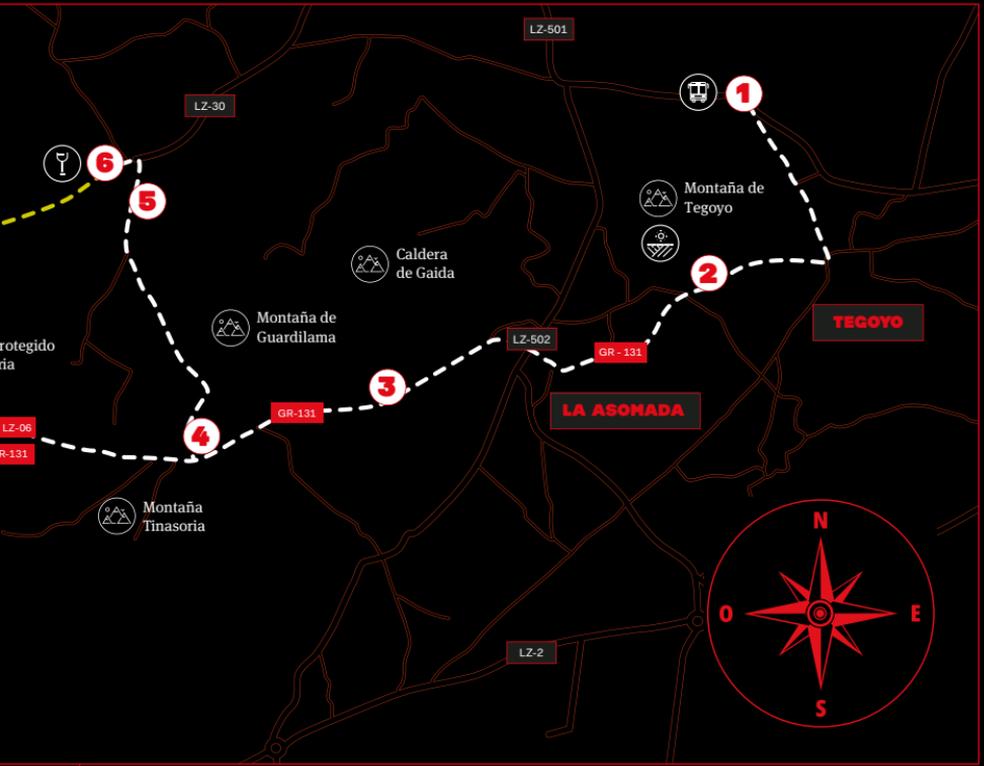
STOPS

- 1 Hermitage of la Vega de Tegoyo
- 2 The culture of water
- 3 Through La Asomada to Monteña Guardilama
- 4 Overlooking La Geria
- 5 El Chupadero
- 6 Bodegas El Rebusco
- 7 The secrets of La Geria
- 8 Uga
- 9 The Bodega de Uga and the Camel Trail
- 10 Ahumadería de Uga smokehouse
- 11 Molino de Yaiza windmill



Lanzarote

GENERAL MAP OF THE ROUTE



LEGEND

..... Proposed route

Road

Footpath

Cultural site

Agricultural site

Natural site

..... Optional route

Arts and crafts

Bodega / restaurant

Parking

Bus stop

Recreational area





Technical details

- **Localities:**
Tías, Uga and Yaiza
- **Starting point:**
Ermita del Sagrado Corazón de Jesús in Vega de Tegoyo, Tías
- **End point:**
Molino de Yaiza windmill, Yaiza
- **Approximate duration:**
3 hours without stops
- **Approximate distance:**
8 kilometres
- **Minimum/maximum altitude:**
300 / 700 m
- **Difficulty:**
Medium-low
- **Direction of the route:**
Tegoyo-Yaiza. You can also do it in the opposite direction.
- **Mode:**
On foot. Sections at the beginning and end of the route can also be done by car. Only the PR LZ-06 trail is for hikers.

OUTLINE OF THE ROUTE



How to get there

The itinerary starts at the Ermita del Sagrado Corazón de Jesús (Hermitage of the Sacred Heart of Jesus) in Vega de Tegoyo. If you come by car, you should take the LZ-501 road, which can be reached from the LZ-2 motorway or from the LZ-30, which crosses the Protected Landscape of La Geria.

If you arrive by *guagua* (bus), take lines 05, 19 or 34. You can also start the route from the neighbourhood of La Asomada, located half an hour's walk from Tegoyo, and accessible from the LZ-502 road.

Technical Recommendations

- If you decide to come by public transport, we recommend that you check the timetables beforehand as there are few services per day.
- Make sure you are wearing suitable clothing and footwear. There are paved stretches where it won't be so important, but you will be grateful for it once you enter La Geria.
- Carefully follow the signs for the trail, which will be marked with the approved signposts. Red and white for long distance (GR); green and white for local trails (SL).
- Don't forget to bring water, food, a rubbish bag, sun cream and a hat on hot sunny days. Find out about weather conditions beforehand.
- Be respectful of the environment, never litter and do not leave the path.
- Grape harvest begins in the month of July in Lanzarote, the first one in Europe. This is the ideal time to see the vineyards in all their splendour.





1

HERMITAGE OF LA VEGA DE TEGOYO

**| LOCATION**

Tegoyo (Tías).

| HOW TO GET THERE

By bus, take lines 05, 19 and 34. By car, on the LZ-501 road.

| LOCAL PRODUCTS AND RESOURCES

Vineyards and farms for self-consumption, mainly onions. Ethnographic assets and resources.

DESCRIPTION:

According to Madoz's dictionary, the name Tegoyo (in the Aboriginal language) refers to a "farm on the banks of a 'settled and cold' lava stream". The Vega de Tegoyo is totally faithful to this definition, as it is characterised by a wide fertile plain cultivated on volcanic terrain, together with stately homes, wine cellars and reminders of its peasant past.

Passing through this place will give you an insight into the importance that onions have had, and continue to have. It is a very important crop on the island of Lanzarote, especially at the beginning of the 1960s, when 25 million kilos were produced. Around the month of May, when the main harvest took place, the fields of Tegoyo and the surrounding area emitted a characteristic smell, which was complemented by the smell of other vegetables such as potatoes, peppers, garlics, tomatoes, etc.

START YOUR ADVENTURE IN VEGA DE TEGOYO, LAND OF ONIONS.



Our suggestions

· Look for the details; you will see big changes in the landscape as you go along. Walking among the hamlets and small farms of the local people, you will see how agriculture is making its way in a seemingly hostile territory.

· Next to the Sagrado Corazón de Jesús hermitage you will find the remains of the Pereyra family's wine cellars, which were very important at the beginning of the 20th century due to the large quantity of wine produced in their presses. It is also said that at that time camels were responsible for transporting the grapes harvested to the wine presses.

· Ten minutes from here, you will find the Bodeguita Vega Volcán, a humble bodega where the *Arena* wine is produced.

DON'T MISS...

The hermitage of the Sacred Heart of Jesus, where we suggest you start the journey, was built by the Stinga family, of Sicilian origin, in 1869.

Come to this exact spot on the 29th of July, as this is the only day that this hermitage opens its doors. Around five o'clock in the afternoon, male and female magicians leave Conil in pilgrimage, laden with instruments and sacks, to arrive at this small hermitage that welcomes them in honour of the Sacred Heart of Jesus and the Magdalena.





2

THE CULTURE OF WATER AT THE FOOT OF TEGOYO



| LOCATION

Tegoyo (Tías).

| HOW TO GET THERE

Descend along the Callao II path until you reach the signpost indicating the access to the GR-131 path. Follow this direction until you reach the mountain of Tegoyo.

| LOCAL PRODUCTS AND RESOURCES

Onions, vegetable gardens for household consumption and vineyards for home-made wine production..

DESCRIPTION:

On reaching the Tegoyo mountain, you will notice an *alcogida* and a water cistern built on its slope. The *alcogida* is a surface that is sealed and waterproof and has the function of collecting rainwater and directing it to the cistern, where it is stored.

Lanzarote's farmers have always managed to optimise the use of the liquid element, due to the scarcity of rainfall on the island and its arid climate. Fountains, ditches or culverts are other hydraulic devices that have been used to manage water and which can be found all over the island.

This scarcity of water has determined not only the type of agriculture that has historically been practised on the island, mainly dry farming, but also its gastronomy. Cereals, vines, potatoes and sweet potatoes are crops which have found a way to develop by creating systems that, above all, keep the ideal humidity and temperature.

**WATER USE HAS
BEEN KEY TO LOCAL
AGRICULTURE.**



Our suggestions

- Enjoy the surrounding scenery as you head towards Guardilama mountain.
- Talk to the local people, you are sure to discover interesting stories about Tegoyo's past.
- Do you know that you are walking next to volcanoes? First you will pass through Montaña de Tegoyo, then Gaida and finally Guardilama. If you look over the top, you will find crops inside.

DON'T MISS...

Springs that can be found throughout the landscape. On Lanzarote, these are small cubicles located in the slopes of mountains or volcanoes, where people could access water. You'll also see some of the culverts, through which the water used to flow to the fields.





3

THROUGH LA ASOMADA UP TO THE GUARDILAMA MOUNTAIN

**| LOCATION**

La Asomada (Tías).

| HOW TO GET THERE

Follow the GR-131 path from Tegoyo mountain.

**| LOCAL PRODUCTS
AND RESOURCES**

Water springs, farms cultivated with onions and other crops for self-consumption.

DESCRIPTION:

Crossing the village of La Asomada, always following the GR-131 path, which meets the path to La Caldereta, you will arrive at another of the volcanoes: the Guardilama mountain.

Look at the small cultivation plots that the locals have next to their houses, as it has always been very common for each family to grow their own vegetable garden for self-consumption. This attachment to the land is also reflected in the festivities of San José Obrero in honour of the farm workers.

Climbing up the Guardilama or passing through La Asomada you can see the whole coastline. It is said that this place got its name (“leaning out”) because it was the best vantage point for spotting the threat of pirate attacks, which were very common for centuries.



**DISCOVER THE CROPS
HIDDEN IN THE
GUARDILAMA CRATER.**

Our suggestions

- Be careful when climbing Guardilama, not only because it is a natural heritage site, but also because there are several archaeological remains on the surface, mainly pottery from the ancient Majos.

- According to oral tradition, there was an *almogarén* on this mountain, a place where the aborigines celebrated various rituals.

- It is said that on some occasions you can see the Teide from the top of Guardilama. Will it be today?

DON'T MISS...

Take a detour into the Guardilama mountain to see its crops. Between the Gaida mountain and Guardilama (603 metres above sea level) there is a path that climbs about 200 metres. Take a deep breath, and climb up. Do not miss this magical place. Once at the top, skirt it and you will see the crops inside the caldera. It's incredible!





4

OVERLOOKING LA GERIA

**| LOCATION**

Municipality of Yaiza.

| HOW TO GET THERE

From the GR-131 and PR-LZ-06 footpaths, since the route of both paths meets from La Asomada.

| LOCAL PRODUCTS AND RESOURCES

Grapes, figs, wine, recipes and local products in the local wineries.

DESCRIPTION:

Going up from La Asomada, the path will lead you to a spot where you will have Montaña Guardilama on the right and Montaña Tinasoria on the left. Unlike the landscape you have left behind, from now on your feet will step onto the characteristic black volcanic rock of La Geria, welcoming you in all its glory.

From here you will be able to see a striking feature of your itinerary: a fig tree planted next to the vineyard. The elders say that there are three reasons for this: firstly, to provide shade for the farmer; secondly, for the food, the fig, which was very important in the past; and finally, to feed the birds. As figs are sweeter than grapes, animals prefer them, so the vines are protected. Furthermore, the fig tree is a rainfed tree that does not need much care once planted, making it an ideal complement to these agrosystems.

The figs were eaten with *gofio* and cheese, fresh or dried, once they had been placed on the *paseros* (drying places) to be dehydrated by the sun. It became a long-lasting food to be used in times of scarcity.

**THE FIG TREE HAS
BEEN THE OTHER
MAJOR PLAYER IN
THIS AREA'S PAST.**



Our suggestions

- Walking on the top of Montaña Tinastoria. It is 503 metres above sea level and you can enjoy incredible views from here. The interior of its summit is also cultivated.
- From this point on, it's all downhill through a totally different landscape. Enjoy!

DON'T MISS...

The road in Tinastoria is dotted with cisterns, pools and canals. We invite you to take a look at them to learn more about water culture in Lanzarote and the constant effort to make the most of every raindrop.





5

EL CHUPADERO

**| LOCATION**

Yaiza, Protected Landscape of La Geria.

| HOW TO GET THERE

Through the PR LZ-06 trail. Also easily accessible by LZ-30 road.

| LOCAL PRODUCTS AND RESOURCES

Own vegetable garden for cooking, cheeses, wine and craft beers.

DESCRIPTION:

We suggest a short detour on your route, going down the Guardilama mountain until you reach the area of El Chupadero, where you can fill your stomach after several hours of walking. This name refers to a small village destroyed by lava from the eruptions of the 18th century and which today is located in the middle of the landscape of La Geria.

Here, in a splendid family-run mansion or *casona*, you can enjoy a variety of dishes made with local produce. The owner, Bárbara, who bought and restored this property, also installed a windmill to generate her own energy, thus benefiting from the natural elements.

Sensitive to the need to offer local produce, she works with *Los Perdomos* wine from Bodegas Reyamar in Lanzarote and *Nao* craft beer, also from the island.

**THE TOUR WILL
INTRODUCE YOU TO THE
EXTRAORDINARY
CULTURE OF WINE.**



Our suggestions

· El Chupadero is also famous for its breath-taking views of La Geria at sunset. Every afternoon it fills up with people who make this visit almost a ritual for the place.

· Along with wines, Lanzarote has begun to invest in the creation of craft beers, such as *Nao* and *Malpeis*, which also have different varieties.

DON'T MISS...

If you are a wine lover and you stop at one of the wineries or restaurants in the area of La Geria, don't forget to try different "vinos".

Don't miss the chance to taste a Malvasía Volcánica wine in its different varieties of dry, semi-sweet (in Lanzarote this is the name given to fruity wines) and sweet. A totally different experience to any other single varietal wine you have ever tasted.



6

BODEGAS EL RUBICÓN

**| LOCATION**

Yaiza.

| HOW TO GET THERE

Next to the LZ-30 road.

| LOCAL PRODUCTS AND RESOURCES

Production of wines from Malvasía Volcánica, Listán Blanco, Vijariego, Moscatel, Listán Negro and Negramoll grapes. The restaurant also offers all kinds of traditional recipes.

DESCRIPTION:

El Rubicón has its origins in 1570, when the first written document appears recording the existence of this property. Until the eruptions of the 18th century, this farm was dedicated to cereal production, and since then, as in the rest of the territory, it has been devoted to vine cultivation.

Bodegas El Rubicón has centuries-old vineyards that are located in the *gerias*, holes dug in the volcanic earth in the lower part of which the vines are planted. Its wines, made from different types of grapes, include those marketed under the Rubicón and Amalia labels, as well as various special editions made from Moscatel de Alejandría grapes. Its quality has been recognised in several editions of different international awards.

**BODEGAS EL RUBICÓN
OFFERS EVERYTHING YOU
NEED TO UNDERSTAND
LA GERIA AND ITS
TREASURES.**



Our suggestions

- Bodegas El Rubicón is also a house museum. Come in and be amazed.
- Visit the cistern, now transformed into a tasting room. Ask or visit their website to find out about their tasting courses.
- Climb up to the terrace and you will discover another view of La Geria and Timanfaya.
- Go to the *tasca* and order *tuna en adobo* (marinated tuna), a typical and delicious Canarian dish.
- The *bodega* El Tablero is a twenty-minute walk away on the other side of the LZ-30. There you can enjoy *tapas* with its own wine, so that you can feel at home without restaurant formalities.

DON'T MISS...

In the area around Bodegas Rubicón you will find other very interesting wineries to visit.

Bodega La Geria, Stratsv, La Querencia, Los Bermejós, El Grifo, El Tablero, etc. All of them will allow you to delve into the flavours and aromas of local wines, in some cases including visits to their facilities and tastings.

Organise your own tour and enjoy an authentic wine tourism experience in La Geria.



**| LOCATION**

Municipality of Yaiza.

| HOW TO GET THERE

Next to the LZ-30 road.

| LOCAL PRODUCTS AND RESOURCES

Vine crops and wines.

DESCRIPTION:

If you decide not to return to the previous path, we suggest you continue along the LZ-30 road, albeit with caution, or along parallel paths that will allow you to admire the Protected Landscape of La Geria in all its splendour. This area was protected by Law 12/1987, of 19 June 1987, on the Declaration of Natural Spaces of the Canary Islands as La Geria Natural Park and reclassified by Law 12/1994, of 19 December 1994, on Natural Spaces of the Canary Islands. It has also been declared a Special Protection Area for Birds (known by the Spanish acronym ZEPA).

Along the way, you can stop and take a closer look at the system of pits and ditches used to cultivate the vines. This system, which is common in La Geria, involves digging up to two and a half metres deep until getting to the soil and being able to plant there. It also retains moisture and reduces evaporation time. These pits are usually protected from the wind by semi-circular volcanic stone walls, which are designed to prevent sand from entering.



**ENJOY ONE OF THE
MOST IMPORTANT
WINE-GROWING
LANDSCAPES IN THE
WORLD.**

Our suggestions

· La Geria also has important geological landmarks. If you have time, outside the tour, you can visit the natural monument of the Cueva de Los Naturalistas, a large natural volcanic tube.

· If you like photography, La Geria is an excellent place to take spectacular pictures of your trip, especially when the sun is at its lowest.

DON'T MISS...

On some of the guided tours organised by the wineries in the area, you will have the chance to walk, and even enter, some of these pits. A unique experience to learn first-hand about this system of cultivation, the result of the ingenuity and adaptation to a hostile environment by the peasants of Lanzarote.





8

UGA

**| LOCATION**

Municipality of Yaiza.

| HOW TO GET THERE

From the LZ-06 footpath, which ends here. Continue along Calle Agachadilla, which will take you to the village.

| LOCAL PRODUCTS AND RESOURCES

Traditional recipes, Uga salmon, Lanzarote wines, cheeses and local vegetables.

DESCRIPTION:

Leaving the Protected Landscape of La Geria behind us along the path, we reach the small village of Uga. From a distance, it appears to be a small oasis dotted with low houses and its characteristic white colour, reflecting the sunlight. Surrounded by palm trees, Uga has traditionally been a place known for the domestication of camels, many of which are the main tourist attractions in the Parque Nacional de Timanfaya.

After the walk, we suggest you wander through its streets looking for a place to recharge your batteries. Uga has a number of restaurants and eateries that place special emphasis on local produce and traditional recipes, although smoked salmon and local cheeses are the star products.

**UGA WELCOMES YOU LIKE
AN OASIS AFTER YOUR
JOURNEY THROUGH
VOLCANOES.**



Our suggestions

- Stop at the Spielplatz park at the end of the trail. The 06, 13 and 60 buses run right here, connecting you to other parts of the island.
- The Finca de Uga is a well-known place where different vegetables are grown and artisan cheese is made. The space is not currently open to visitors, but check their website to find out if they offer any kind of special guided tour.

DON'T MISS...

To get your energy back, we suggest a well-deserved stop at the bar-restaurant La Cantosa. Famous for its homemade dishes of the island's tasty cuisine. We recommend "carne de cabra" (goat's meat stew), garbanzas ("chickpea stew") or "callos" (tripe). And if you come on a weekend, ask for the "pata asada" (roasted duck) and chicken. You can sit on its terrace, which overlooks the hermitage and the market square, where you will see the sculpture of the camel, which holds an infinite number of stories of this place.



THE BODEGA DE UGA AND THE CAMEL TRAIL

**| LOCATION**

Uga, municipality of Yaiza.

| HOW TO GET THERE

If you cross the village diagonally, you will find a walkway that indicates the continuation of the GR-131 path, and you will see a camel crossing sign. On the left-hand side of this road, you reach the Bodega de Uga.

| LOCAL PRODUCTS AND RESOURCES

Traditional recipes, Uga salmon, Lanzarote wines, cheeses and local vegetables.

DESCRIPTION:

In case you haven't yet decided where to try the local delicacies, we also recommend a visit to the Bodega de Uga, a family business that is committed to local products. They don't have a set menu, but advise you on what to eat and drink so that everything is fresh, improvised and unique.

The salads, the local products and, of course, the smoked salmon from Uga, paired with a good white wine from the wineries of La Geria, are amazing.

**PALM TREES AND
CAMELS WILL MAKE YOU
FEEL LIKE YOU ARE IN
NORTH AFRICA.**



Our suggestions

- A camel milk production project is underway. Francisco Mesa, a young local farmer, plans to produce this type of milk, which has incredible health benefits and is widely used elsewhere.
- Take a stroll around this area and you might see the camels come and go. They all come to sleep on the farms located on the outskirts of Uga.

DON'T MISS...

This "camino de los camellos" is the place where the camels travel between the Montaña del Fuego resting place and the farms. A key animal in the development of agriculture, as it helped to plough the land and carried goods.



10

UGA SMOKEHOUSE

**| LOCATION**

Uga, municipality of Yaiza.

| HOW TO GET THERE

On the road from Arrecife to Yaiza, number 20. It can also be reached on foot, as it is on the outskirts of Uga, just across the main road.

| LOCAL PRODUCTS AND RESOURCES

Smoked salmon, unique in the world.

DESCRIPTION:

This is one of the places that deserve to be on our itinerary, a unique place in the Canary Islands but also worldwide. Here, Norwegian salmon is smoked in a very special way. The parents of the current owners, Paloma and Nicolás, who bought the establishment and the oven, say that they learned this method from a German couple more than seventy years ago.

They started with eels from San Ginés, but this was not a popular fish, so they opted to buy top quality salmon from Norway and Scotland. The technique, known as cold smoking, means that once thawed, the salmon is coated for twenty-four hours with salt from the beaches of Janubio, located not far from here. It is then put in an oven for 36 hours at 10 degrees under the smoke of the wood of La Geria.

This unique value has made the salmon of Uga to be sought after in different European countries, increasingly valued as a very special delicacy.

**DISCOVER THE
BIRTHPLACE OF UGA
SMOKED SALMON,
UNIQUE IN THE WORLD.**



Our suggestions

· If you get your hands on Uga salmon, you can enjoy it in many ways: in salads, as a starter on its own or with other smoked fish, or combined with other local products. It is great with a Lanzarote wine. However, it is sold from half a kilo upwards and has to be kept cold, so you can't take it home as a souvenir. Check for more points of sale on other islands.

· Nearby, you will find Cook in Lanzarote, an initiative that offers you the opportunity to learn how to cook different types of local and international dishes. See their website for more information: <https://cookinlanzarote.com/es/>

DON'T MISS...

Plan your route by pre-booking a piece of salmon from this place, as there may not be any more left if you arrive with no prior notice. You can't forgive yourself for coming here and not being able to taste or buy this delicacy.





11

YAIZA WINDMILL

**| LOCATION**

Yaiza.

| HOW TO GET THERE

This is the end of your route. You can reach it by walking along the road. It is located approximately 10 minutes from the Uga Smokehouse. By car you will find it on the right-hand side of the roundabout on the LZ-2 road.

| LOCAL PRODUCTS AND RESOURCES

Natural and ethnographic attractions.

DESCRIPTION:

The route ends at the site of Yaiza, specifically at the Yaiza windmill, which reminds us of the importance of cereal crops on the island. Due to the aforementioned water shortage, as was the case on Fuerteventura, the main crops were rain-fed: cereals, lentils, millet, etc., which formed the basis of the local diet.

But in the absence of water, the wind has always been present. The mills were thus the perfect device for harnessing wind power to move the machinery and grind grain to make *gofio*, one of the staple foods in the diet of the ancient Canarians. There are other mills on the island, many of them restored, such as the one in the Jardín de Cactus (Cactus Garden) designed by César Manrique, which form a beautiful landscape that tells us about the island's food history.

**THE WINDMILLS
STILL BEAR WITNESS
TO LANZAROTE'S
PAST AS A CEREAL
PRODUCER.**

Our suggestions

· This mill has yet to be opened to the public. See if you can go up. Anyway, stroll around this place and you will find a small viewpoint where you can see some of the Timanfaya National Park.

· Yaiza also offers an interesting range of restaurants and eateries where you can order traditional dishes and local produce. It is highly recommended to enjoy a gastronomic experience at the Bodega de Santiago, which is committed to fusing avant-garde recipes with local products and influences.

DON'T MISS...

If you have a car and time after the route, a visit to the Salinas del Janubio (salt ponds), where salt has been produced since 1895, is highly recommended. They were declared a Protected Natural Area and Site of Scientific Interest due to their natural, landscape and heritage values.

There is also a shop where you can buy different types of salt of the highest quality.





Where to eat and drink

EL CHUPADERO

Calle La Geria, nº 2 | 928 177 365 |

Opening hours: Wednesday to Sunday, 3pm to 11pm

Closed: Mondays and Tuesdays.

El Chupadero is on the road to La Geria but not in the middle of the road; you have to turn off at a gravel driveway. You can also take the route down the Guardilama mountain. They have an appealing menu that you can enjoy with local wine or even drinks. DJ sessions, full moon parties... but sunsets are the main attraction for visitors.

BODEGAS RUBICÓN

Carretera LZ-30, km 19 | 928 17 37 08 | www.bodegasrubicon.com |

Opening hours: Every day from 10am to 6pm.

We recommend this place not only as a wine cellar and restaurant, but above all as a museum. You can move freely through its facilities, wine press, old photos, rooms with period artefacts, its cistern, even take a walk through the gardens of La Geria. And you can finish off with a drink on the terrace.

BODEGA LA GERIA

Carretera LZ-30, km 19 | 928 659 235 | www.lageria.com |

Opening hours: Every day, from 10:30am to 7:30pm.

La Geria is a bodega you cannot miss. Enter the *casona* and you will see a wide variety of wines and other local products which the staff will be happy to describe. Next to the *bodega* they have their own tavern called La Cepa, a small café-bar and restaurant with very tasty and affordable Canarian cuisine. It also has a menu of varied and delicious *pinchos*. It is intended to be an open place for locals and visitors, highly recommended and inexpensive in a unique environment.

BODEGA EL TABLERO

Calle El Tablero, nº 2

Opening hours: Monday to Saturday, 10am to 5 pm. **Closed:** Sundays.

It is one of the most hidden wineries in La Geria. Small and family-run, they produce their own wine and offer tapas made with local produce. It is a very special place and different from all the other wineries.

BODEGAS ANTONIO SUÁREZ

Calle La Geria, nº 17 | 928 173 101 |

Opening hours: Every day from 10am to 6pm. Closes at 3pm on Sundays.

This *bodega* will surprise you with its family atmosphere, its small, slightly underground tavern, a nice way to take shelter from the sun outside. Let them recommend a wine of their own vintage, together with local cheese and some cured meats.

BODEGA LA QUERENCIA

Carretera LZ-30, km 18 | 629 170 190 |

Opening hours: Monday to Saturday, 11am to 6pm.

The winery can be visited and offers its own wine with tapas, including local artisan cheeses.

BODEGA STRATVS

Carretera LZ-30, km 18 | 928 984 525 | www.stratvs.com |

Opening hours: Monday to Saturday, 11am to 6pm.

Bodegas Stratvs was founded in 2008 with the aim of preserving and promoting the local winemaking tradition. Its wineries are located in the Barranco del Obispo ravine, next to the Timanfaya National Park. Here, the grapes grown in La Geria are processed, which are used to produce a variety of internationally recognised wines.





BODEGUITA VEGA VOLCÁN

Carretera de La Asomada, nº 101, Tías | 928 833 233 |

Opening hours: Monday to Friday, 10am to 6pm. Saturdays and Sundays, 11am to 6pm. **Closed:** Sundays.

A winery where artisan and organic wines are produced with the most common varieties of Lanzarote: Malvasía Volcánica, Moscatel de Alejandría and Diego.

BODEGA DE UGA

Carretera Playa Blanca-Arrecife, Km. 21, Uga | 928 830 147 |

Opening hours: Tuesday to Saturday, 12:30pm to 10pm. **Closed:** Sunday and Monday.

Family winery very close to the centre of Uga. A very comfortable place to taste different local products that the owners can recommend you. Maybe you can try the delicious smoked salmon from Uga here. Enjoy!

RESTAURANTE CASA JUAN

Calle Las Folías, nº 4, Uga | 928 830 090 |

Opening hours: Thursday to Tuesday, 10am to 11pm. **Closed:** Wednesdays.

A restaurant that stands out for its traditional Canarian home cooking, specialising in meats such as *pata asada* (roasted duck) and *cochinillo asado* (roast suckling pig).

BAR CAFETERÍA LA CANTOSA

Calle Joaquín Rodríguez, nº 15, Uga | 928 830 468 |

Opening hours: Tuesday to Saturday, 9am to 11pm. Sundays, 10am to 11pm. **Closed:** Mondays.

Informal venue, with Canarian soups and stews dishes as well as pizzas and coffee service. An authentic, tasty and inexpensive place that is a must when strolling through the centre of Uga.

LA BODEGA DE SANTIAGO

Calle Montañas del Fuego, nº 27, Yaiza | 928 836 204 |
www.labodegadesantiago.es |

Opening hours: Every day, 1pm to 6pm.

In a splendid setting, with an outdoor terrace where the trees protect you from the sun, the Bodega de Santiago is committed to food based on local produce with avant-garde touches for different and exquisite dishes. Its location in an old traditional restored *casona* adds value to the dining experience.

ASADOR 7 HOJAS, CASA BARRIGUITA

Calle Vista de Yaiza, nº 65 | 928 048 944 |

Opening hours: Monday to Saturday, 8am to 10pm. Sundays, 11:30am to 5:30pm.

A very popular establishment in Yaiza, renowned for its quality grilled meats and barbecues. Also of note are the fried octopus, stuffed peppers and homemade sweets.





What to visit and where to shop

MAMÁ PEPA JABONES

Calle Joaquín Rodríguez, nº 22 | 609201549 |

Opening hours: Tuesday to Thursday, 10am to 2pm. **Closed:** Friday to Monday.

Come and enjoy the aromas and textures of these handmade soaps. Made with olive oil and other vegetable oils, produced as ecologically and sustainably as possible.

MERCADO MUNICIPAL DE UGA

Calle Joaquín Rodríguez, nº 32

Fruit and vegetables from local producers: wines, liqueurs, jams, cheeses, traditional confectionery, organic products and handicrafts.

AHUMADERÍA DE UGA

Carretera de Arrecife a Yaiza, km 20, Yaiza | 928 830 132 |

Opening hours: Tuesday to Saturday, 10am to 2pm. **Closed:** Sundays and Mondays.

A family business that has been smoking salmon for over forty years using an original technique (see page 40 of this guide).

COOK IN LANZAROTE

Calle El Traspíes, nº 1, Uga | 928 836 274 |

Opening hours: Monday to Friday, 10am to 1pm. **Closed:** Saturdays and Sundays.

Cook in Lanzarote offers various cooking courses and workshops with a firm commitment to local produce, with which you can learn different international recipes. A good option for a different gastronomic activity if you visit Lanzarote.

SALINAS DE JANUBIO

Camino de los Hervideros s/n, Yaiza | 928 804 398 | www.salinasdejanubio.com |

Opening hours: Monday to Friday, 10am to 6pm. Saturdays, 11am to 5pm.

Closed: Sundays.

Protected Natural Area and Site of Scientific Interest dedicated to artisanal salt production, an activity that began in 1895. It has served as a model for the implementation of other salt ponds in the Canary Islands, such as those found in Fuencaliente. In its cellar, you can find different types of salt of the highest quality. It also offers guided tours upon reservation. Send an email to visitas@salinasdejanubio.com







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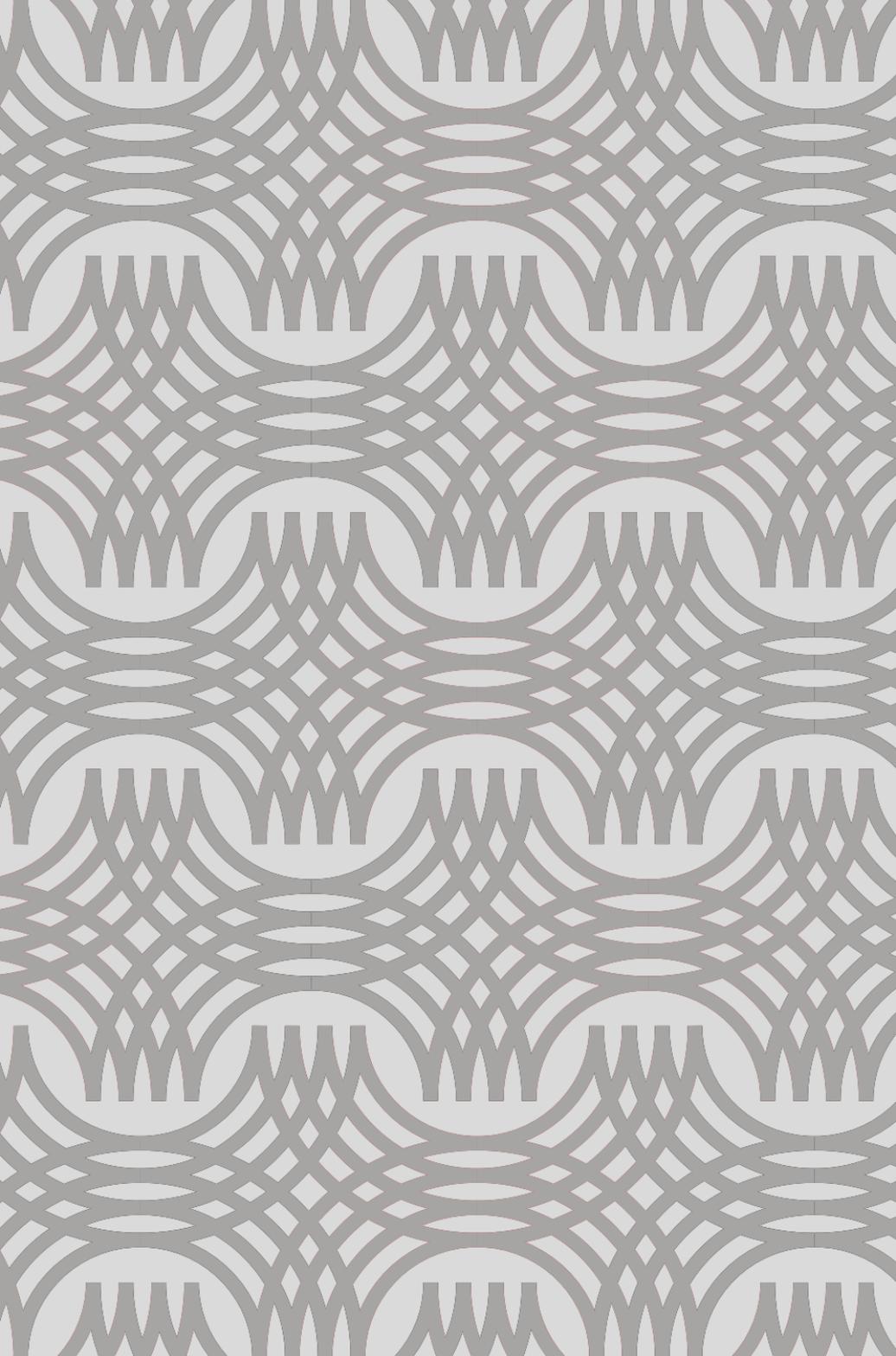
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