

ARRANGEMENTS AND RESERVATIONS

The walking tours services must be arranged previously by phone or personally at the Visitors and Interpretation Centre of Mancha Blanca:

Road LZ-67, from Yaiza to Tinajo, at 11.500 Km.
Monday to Friday, from 09:00 AM to 15:00 PM

E-mail: manchablanca@oapn.mma.es

Telephone: +00 34 928 840 839

All the reservations will be cancelled if they aren't confirmed on the requested date. In case of having free places, visitors with no reservations could be included.

Always the visitors have been older than 16 years and under 65 years old.

TERMESANA PATH

Meeting point: Centro de Visitantes e Interpretación de Mancha Blanca.

Walking tours days: :Monday, Wednesday and Friday

LITORAL PATH

This trail can only be reserved personally at the Visitors and Interpretative Center of Mancha Blanca.

Timetable: Only a Wednesday per month.

VISITORS AND INTERPRETATIVE CENTRE OF MANCHA BLANCA.

Timetable: Every day from 09:00 am to 17:00 pm.

ADVICES AND SUGGESTIONS FOR THE VISIT

In order to make the visit enjoyable for you and other visitors, please follow the instructions of the National park staff, and the suggestions of the guide-interpreters.

Nevertheless, remember that the National Park 's main objective is to make sure the preservation of the resources and the natural values, protecting the integrity of the landscape, fauna and geology and maintaining the functional dynamic and structure of the ecosystems that take place in this National Park.

That's why WE REMIND you, please:



Don't take any sample of animals, plants, rocks or any other volcanic materials, their value for scientist can be very important for investigation purposes.



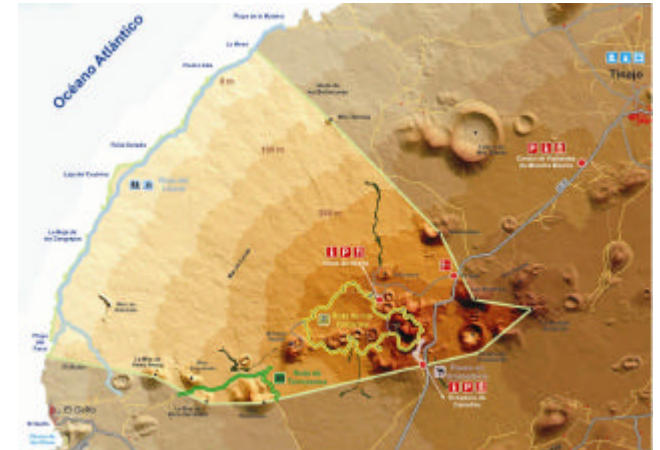
Always walk on the paths. The volcanic formations are extremely fragile and they could brake under your feet. Don't get out of your car on the roads of the Park. You can cause an accident by an oncoming vehicle which you haven't seen or you may cause traffic problems. Get off only in Parking places.



Don't litter. NO RUBBISH. NO CIGARETTES BUTTS. The quality of the landscape depends on everybody.

It is always recommended to bring with you some high calories food, enough water or refreshments, sun block creams, sun glasses and hat. Binoculars and photo-camera could be useful too.

TIMANFAYA NATIONAL PARK



GUIDED WALKING TRAILS



INTRODUCTION

The Spanish National Park Service Network, have, at your disposal a Public Use Area, in order to provide the public enjoyment based on the natural values of the Park making it compatible with its conservation. On this purpose, The National Park Administration offers some activities to approach the visitors to the nature of Timanfaya's National Park.

This objective is been realized through an Interpretation Service taken on guides-interpreters, who **offer free guided walking trails inside the National Park**, explaining the natural values and resources of this particular landscape. These trails have been specially designed in such a way that the human presence should not disturb the natural process that take place in this part of the park, so please follow the visiting rules by listening to the guide-interpreter instructions.

This service is offered in Spanish or English

TERMESANA TRAIL

LENGHT: 3.500 m. DURATION: 2 HOURS
DIFFICULTY: Minimum

Along this short and easy trail, we can watch and experience a great variety of the geological and biological characteristics of the Park.

At the beginning we will look at the magnitude of the 1730-36 eruption, with lava flows, volcanic tubes, and alignment of volcanoes... Going further into the path, we'll be able to see the particular cultivation fields made by the local farmers on the older volcanoes that were covered by recent materials, from these eruptions.

We can also see the beginning of the vegetal life in the new soil, with the slow process of the vegetal succession initiated by lichens. On the other hand, the setting up of superior plants coming from neighbouring zones that have a more fertile ground.

This trail can be very pleasant to the visitors, helping them to understand the singular beauty and natural richness of this National Park.

REQUIREMENTS.- Closed shoes. Speaking one of the languages (spanish and english) is a requirement in order to access the service. For people over 16 and under 65 years old.

Depending on seasons water and hat should be suggested.

COAST PATH

LENGTH 10 Km. DURATION: More or less 5 hours

DIFFICULTY Maximum

This trail begins around "Playa del Paso" or "Playa de la Madera" and it goes over the unique coastline included in a National Park in the Canary Islands.

From the beginning of the path we can appreciate the new coast formed by the lava going towards the sea during the historical eruptions from 1730-36 and 1824.

The resurgence of life, after the glowing lava destroyed any sign of it, takes place much faster in zones directly affected by the sea, appearing very clearly the vertical distribution of living species of molluscs, groups of red crabs...

Birdlife shows up with the coastal birds mainly, seagulls, small plovers, rascals...

Halfway round, a short break at Cochino's beach, will allow us to rest and refresh, and at the same time to watch the flora and fauna of such a peculiar ecosystem.

REQUIREMENTS.- For this walking trail it's required to use good footwear (close and resistant boots), fresh and comfortable clothing (depending on weather conditions) and some provisions (plenty of water and light food). Due to the ground conditions and the long hours of sunshine, very good physical conditions are required to do this trail, so it is not recommended for visitors with any motion difficulty or physical disabilities. For this reason, those persons with a risk profile willing to do this trail with a guide, should fulfil a voluntary unliability declaration on the National Park.