



# LA PALMA ISLAND

TRAVELER'S GUIDE



FOR THOSE WHO EXPLORE, NOT JUST VISIT





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# YOU AND THE ISLAND

*There are places you don't just see;  
you feel them.*

*La Palma is one of them.  
An island emerging from the Atlantic mist,  
inviting you to slow down,  
to let yourself be carried by its radiant calm  
and the gentle rhythm of life that flows here.*

*The air smells of pine, laurel forest, and ocean.  
The sun doesn't scorch; it accompanies.*

*Nothing rushes you here.  
No lines, no crowds.  
Only paths waiting to be explored, and time that seems to stretch.*

*Every step brings discovery.  
Every bend in the road reveals a new story.*

*Between terraced hills and white houses,  
you can still breathe in the wisdom of rural life.*

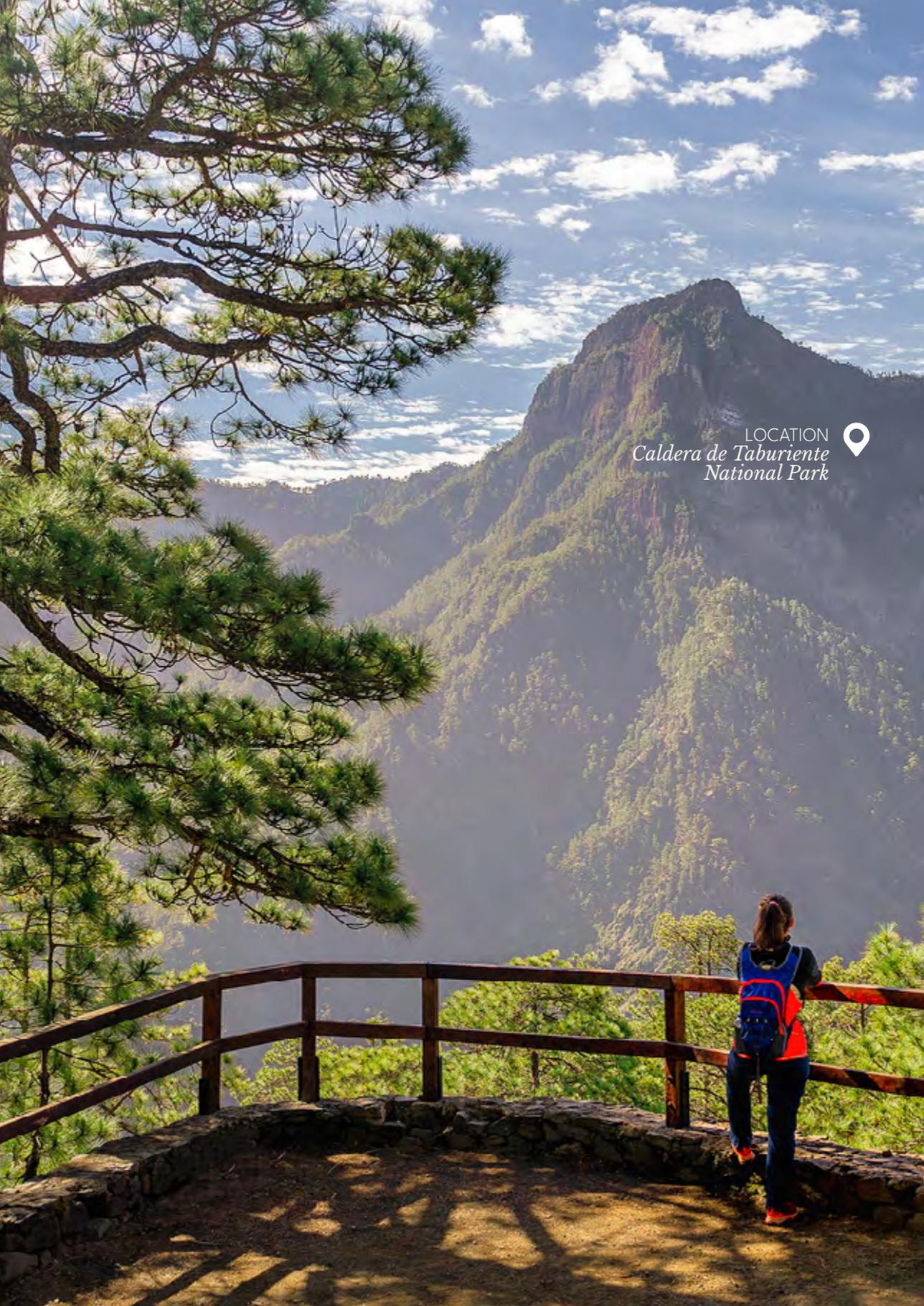
*In the villages, someone might offer you coffee without even  
knowing you.  
In a small workshop, an artisan will show you how thread  
becomes silk. And in every glance, the same unspoken word:  
welcome.*

*Everything here invites you to step outside, to discover the  
authentic, to reconnect with the essence of travel.*

*This is La Palma.  
La Isla Bonita.*

**LA PALMA ISN'T A PLACE YOU JUST VISIT.  
YOU LIVE IT. YOU WALK IT, YOU SHARE IT.**





LOCATION  
*Caldera de Taburiente*  
National Park



# THE ISLAND THAT IS ALWAYS REBORN

## **AROUND 2 MILLION YEARS AGO** *Volcanic origins*

La Palma is one of the youngest islands in the Canary archipelago and one of the highest in the world in proportion to its surface area. Its dramatic terrain rises from the ocean floor to the 2,426-meter summit of Roque de los Muchachos, revealing millions of years of geological history. Shaped by fire and time, its landscape is a living tapestry of craters, lava flows, mountains, and ravines, intertwined with extraordinary plant diversity.

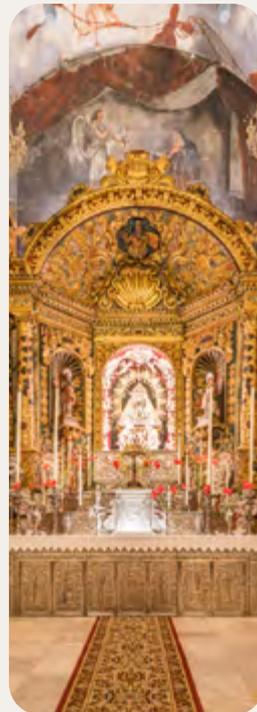


## **1493** *The Benahoaritas and the Castilian conquest*

The Benahoaritas, La Palma's ancient inhabitants, planted the seed of a great island, leaving their mark through countless rock engravings and artifacts that can be admired at the Cave of Belmaco, La Zarza and La Zarcita, El Tendal Archaeological Park, the Benehauno Petroglyph Interpretation Centre in El Paso, and the Benahoarita Archaeological Museum. Their society was built on herding, gathering, and a profound knowledge of the land.

## **16TH-17TH CENTURIES** *Trade, art, and the first travelers*

The thriving wine and sugar trade turned the port of Santa Cruz de La Palma into the third most important port in the Spanish Empire, a final link between Europe and the Americas. This intense activity attracted pirates, eager to plunder such wealth, as well as Flemish, Portuguese, and Genoese settlers, who left a lasting imprint on local architecture and enriched the island with a remarkable collection of Flemish art, still visible today in museums and churches like the Church of Santo Domingo. In the island's south, the thermal waters of the Fuente Santa made La Palma a sought-after destination for European travelers in search of health and wellbeing.



## **20TH CENTURY** *A global model for astronomical protection*

The Roque de los Muchachos Observatory was inaugurated in 1985. It is the most important observatory in the Northern Hemisphere, hosting facilities from numerous countries, including the Gran Telescopio Canarias, the world's largest optical-infrared telescope. La Palma has become an international benchmark for sky protection thanks to the approval of the law that protects the sky of the Canary Islands, which regulates nighttime lighting to ensure astronomical observation.



## **2002 - PRESENT** *World Biosphere Reserve*

What initially began as a small protected area recognized by UNESCO expanded in 2002 to cover the entire island, establishing the current La Palma World Biosphere Reserve. Since then, the island has stood as a model of balance between nature, culture, economy, and sustainable development. A large percentage of its territory is protected under various environmental designations, including its coastline. La Palma has a Marine Reserve that safeguards the richness of its seabeds and biodiversity.



## **2012** *Starlight Destination and Reserve*

The first territory in the world to receive the dual certification of Starlight Tourist Destination and Starlight Reserve, a recognition that endorses the purity of La Palma's skies and its commitment to responsible stargazing.

The Roque de los Muchachos Visitor Center offers a tour through the island's relationship with astronomy.

## **2021** *Eruption of the Tajogaite volcano*

In 2021, the eruption of Tajogaite in Cumbre Vieja transformed part of the island over the course of 85 days, writing a new chapter in its history. Lava covered more than 12 km<sup>2</sup> and created over 27 hectares of new land, known as fajanas, that form when lava solidifies upon contact with the sea, creating virgin territory where life is already beginning to emerge.

## **TODAY** *A destination for sustainable and conscious exploration*

La Palma Island is a sustainable, safe, authentic, and uncrowded destination. Here, every journey leaves such a deep mark on those who visit that they feel an irresistible desire to return.

Trails, skies, villages, and coasts invite respectful exploration, encouraging travelers to rediscover the true joy of travel.

# TEN WAYS TO FEEL LA PALMA

PHOTO  
*Saúl Santos*

# 1. Float above the clouds

The sea of clouds is a meteorological phenomenon caused by the trade winds, which gather clouds at mid-altitude, leaving the high zones of La Palma Island clear and bathed in sunlight.



## 2. Get lost among giant ferns and ancient laurisilva forest

The forest of Los Tilos and the Cubo de La Galga are two of the most iconic and best-preserved corners of the laurel forest on La Palma Island.

Here, one almost expects elves to come out and play, as you're lulled by the cooing of the endemic laurel pigeon.

PHOTO  
*Saúl Santos*



PHOTO  
*Alex Bramwell*

## Greet the youngest volcano in Spain: 3. Tajogaite

You can visit the new volcano on guided tours that traverse the safe zone around the cone. Its lava flows and the new *fajanas* formed by the encounter of lava with the sea can be admired from several viewpoints, such as Mirador del Time, Plaza de Tajuya, the Monumento a la Virgen de Fátima, or the Port of Tzacorte. These spots offer a unique view of an extraordinary event that created the country's youngest landscape and marked a turning point in the island's history.

PHOTO  
*Damián Martín Brito*



## 4. Discover the island's flavors

La Palma's gastronomy is deeply local: zero-kilometer products grown in fertile volcanic soil give it a unique taste. Wines from the La Palma Designation of Origin, made from native grape varieties like Malvasía or Listán Negro, pair perfectly with Palmero cheese. This artisan cheese, made from goat's milk, also holds Protected Designation of Origin (P.D.O.) status.



PHOTO  
*Jonatan Fotógrafo*

On the table, you'll always find *mojos*, fresh fish, and intensely flavorful fruits like avocados, bananas, or papayas.

La Palma's confectionery stands out for its use of local ingredients such as almonds, honey, gofio, and lemon, which give its traditional sweets a distinctive character. For those who wish to indulge further, locally produced rum and hand-rolled cigars complete an experience deeply rooted in the island's identity.



PHOTO  
*Alexis Javier Acosta*



## 5. Collect wishes and shooting stars

La Palma Island is a privileged destination for astrotourism, with exceptionally clear skies. Its network of astronomical viewpoints offers spectacular views of the Milky Way, countless constellations, and stars.

Various local companies offer night tours and guided viewing with telescopes, ideal for those who wish to get closer to the sky in the company of experts.

# 6. Swim in natural pools

La Palma is home to several natural pools formed among volcanic rock, ideal for enjoying the sea in calm, safe conditions all year round.

Charco Azul, in the north of the island, is one of the most popular thanks to its easy access and good facilities. Also worth highlighting are La Fajana in Barlovento and Puerto Paja in Puntallana.

PHOTO  
*Roberto Iván Cano*

## 7 • Watch dolphins and other whales in the wild

The west coast of La Palma Island, especially between Tazacorte and Puntagorda, offers ideal conditions for responsible whale watching, with a high success rate all year round.

Several local companies offer boat trips to observe dolphins, pilot whales, and occasionally tropical whales, always guided by specialists and following sustainable practices.

Adding to the marine life is the spectacle of the La Palma coastline itself, with sheer cliffs and volcanic landscapes that make every voyage a unique experience

# 8.

## Celebrate like a local

La Palma's long list of traditional *fiestas* guarantees unforgettable moments and a vibrant display of culture and heritage.

From Corpus Christi, with its spectacular carpets and arches, to the Danza del Diablo or the Baile del Borrachito Fogatero, filled with fireworks and folklore. Los Indianos on Carnival Monday take you back to the time of returning emigrants; the Danza de los Enanos, part of the Bajada de la Virgen, and the Caballos Fufos or Fuscus, with their unique dances, all speak of an island that proudly preserves its traditions and honors its past.

The many *romerías* (traditional pilgrimages) put the finishing touch to these festivities, featuring authentic parades of traditional costumes adorned with embroidery of incalculable richness and value.



PHOTO  
Saúl Santos



PHOTO  
By Gio



# 9. Explore heritage full of colonial charm

La Palma's rich history is revealed village by village: wooden balconies, centuries-old chapels, Mudejar-style roofs, surprising altars, old mills, and cobbled paths. Every wall holds stories of emigrants, pirates, and legends that are part of the island's identity.

Pictured: The capital, Santa Cruz de La Palma, declared an Asset of Cultural Interest in the category of Historic - Artistic Ensemble.

PHOTO  
*Dominic Dähncke*

A scenic view of a mountain range in La Palma, with a trail runner in the foreground on a rocky path. The runner is wearing a red shirt and black shorts, and is captured in a dynamic pose as if running. The background shows a vast, hazy mountain landscape under a clear blue sky.

# 10. Experience the island through sport

La Palma is a natural playground for outdoor sports: hiking, diving, mountain biking, trail running, paragliding, windsurfing, kitesurfing, and kayaking allow you to discover the island from every angle and in any season, thanks to its pleasant year-round climate.

The Transvulcania Trail running race takes place amidst its mountains and volcanoes, attracting athletes and fans from five continents every year. Alongside it, other races and sporting challenges help strengthen the island's growing reputation as a top destination for training and competition in the heart of nature.

The sea is also part of this active identity: the coast of La Palma hosts regattas, open-water swims, and wind sports.

PHOTO  
*Saúl Santos*

# EXPLORE THE ISLAND

## LA PALMA, VERTICAL ISLAND

With a surface area of over 700 square kilometers and its highest point reaching 2,426 meters, La Palma is one of the highest islands in the world in proportion to its size.

From the ocean to the peaks, every altitude zone reveals a distinct landscape, its own climate, and a different way of life.

This diversity makes La Palma a true gem, ideal to explore slowly, in stages, following the rhythm of nature.

Explosión 2021  
Explosion 2021  
Vulkanausbruch

Zona restringida  
Restricted area  
Sperrzone

Campos de cenizas  
Ash fields  
Lavaströme

Carreteras o travesía de los vehículos de línea  
Roads crossing the line flow  
Strassen über der Lavastrom

Carretera principal  
Main road  
Hauptstrasse

Carretera  
Road  
Angelegte Strasse

Puerto  
Port  
Hafen

Marina  
Marina  
Hafen

Zona de Acampada  
Camping  
Zeltplatz

Playa  
Beach  
Strand

Área natural  
Natural area  
Naturdenkmal

Área recreativa  
Recreation  
Freizeit

Estación  
Station  
Bahnhof

Carreteras ecovías  
Green roads  
Mehrfach-Strassen

Museo  
Museum  
Museum

Estaciones artísticas  
Art stations  
Kunstwerke

Observatorio  
Observatory  
Observatorium

Hospital  
Hospital  
Krankenhaus

Lo que no se puede perder  
Do not miss  
Was Sie nicht verpassen dürfen

Mirador  
Viewpoint  
Ausblickspunkt

Observatorio  
Observatory  
Observatorium

Información turística  
Tourist information  
Freizeit- und Reisebüro

Información medioambiental  
Environmental information  
Umweltinformation

Centro interpretativo / visita libre  
Interpretation / visitor centre  
Interpretations- / Besuchszentrum

Mirador del nuevo volcán  
Viewpoint over the volcano region  
Ausblickspunkt des neuen Vulkan

Miradores astronómicos  
Astronomical viewpoints  
Astronomische Aussichtspunkt

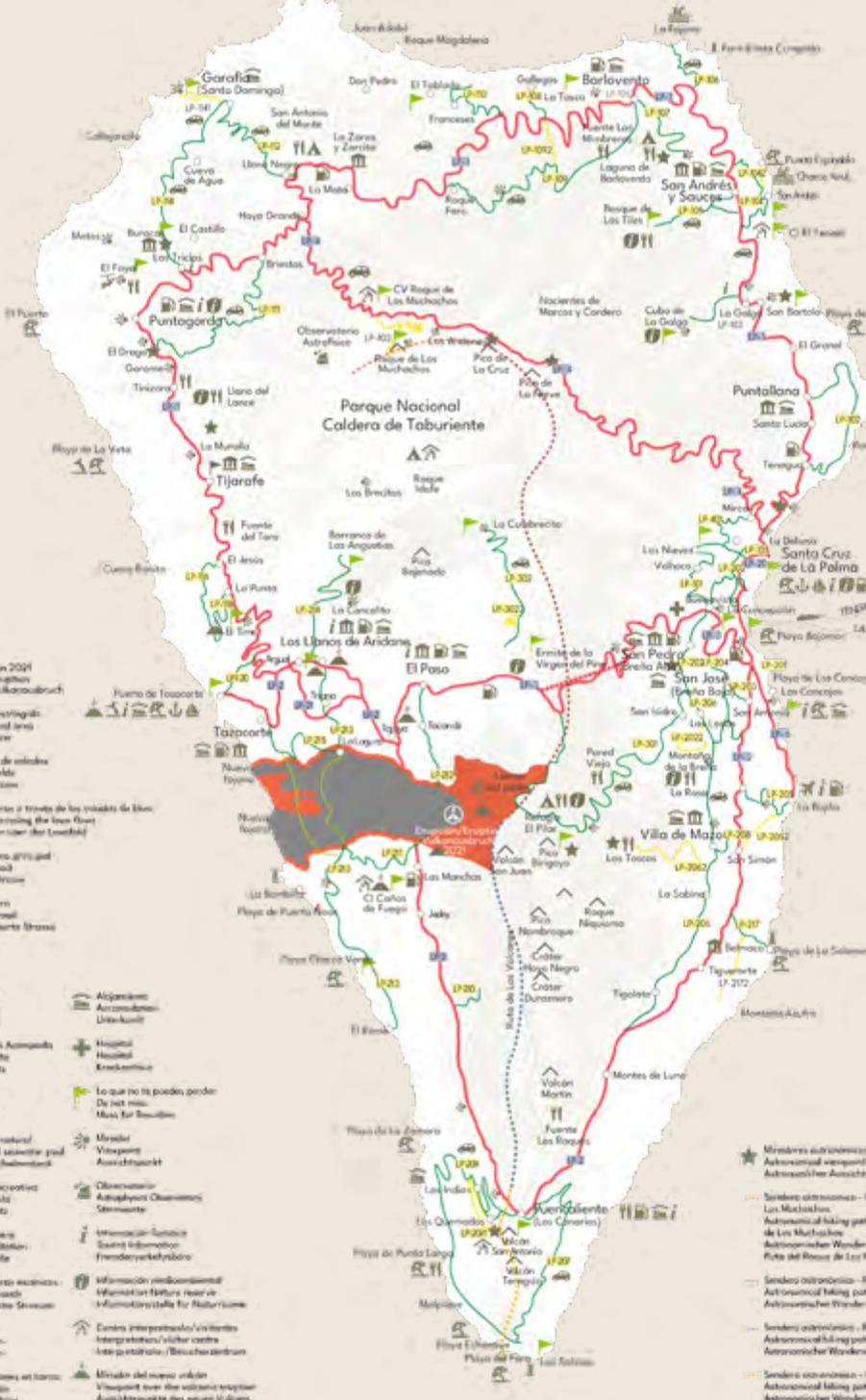
Sendero astronómico - Ruta del Rayo de Los Muchachos  
Astronomical hiking path - Ruta del Rayo de Los Muchachos  
Astronomischer Wanderweg / Pfad des Blitze von Los Muchachos

Sendero astronómico - Ruta de los Volcillos  
Astronomical hiking path - Star route  
Astronomischer Wanderweg - Sternstrasse

Sendero astronómico - Ruta de los Llanos  
Astronomical hiking path - Full moon route  
Astronomischer Wanderweg - Vollmondroute

Sendero astronómico - Ruta del Sol  
Astronomical hiking path - Sun route  
Astronomischer Wanderweg - Sonnenroute

# Parque Nacional Caldera de Taburiente



- Miradores astronómicos  
Astronomical viewpoints  
Astronomische Aussichtspunkt
- Sendero astronómico - Ruta del Rayo de Los Muchachos  
Astronomical hiking path - Ruta del Rayo de Los Muchachos  
Astronomischer Wanderweg / Pfad del Blitze von Los Muchachos
- Sendero astronómico - Ruta de los volcillos  
Astronomical hiking path - Star route  
Astronomischer Wanderweg - Sternstrasse
- Sendero astronómico - Ruta de los Llanos  
Astronomical hiking path - Full moon route  
Astronomischer Wanderweg - Vollmondroute
- Sendero astronómico - Ruta del Sol  
Astronomical hiking path - Sun route  
Astronomischer Wanderweg - Sonnenroute



PHOTO  
*Saúl Santos*

## COASTAL ZONE

### (0–500 M)

La Palma's coast is home to much of the island's seafaring and agricultural life.

The climate is warm year-round, and the landscape blends cliffs, volcanic fajanas, and vast banana plantations, which are one of the island's great symbols.

The beaches feature dark sand, contrasting with the intense blue of the Atlantic. In the north, the natural pools of Charco Azul and La Fajana stand out, while in the west, Tzacorte and

Puerto Naos offer sun, fishing tradition, and a peaceful setting for swimming or watching the sunset.

Several beaches on La Palma hold quality certifications such as the Blue Flag, reflecting the island's commitment to caring for its coastline.

The underwater world here is full of biodiversity, making it an ideal spot for diving and whale watching.



LOCATION  
*Nogales Beach*



The Fuencaliente Salt Flats are famous for their salt production and volcanic landscape, but their appeal doesn't end when the sun goes down. At night, they transform into a magical place for astronomical observation and photography, gifting us scenes that unite salt-making tradition, stars, and the sea.



LOCATION  
*Salinas de Fuencaliente*





# MIDLANDS

(500-1200 M)

The midlands are the zone where much of the island's daily life unfolds. The mild climate and fertile soils favor the cultivation of avocados, vines, and other produce.

Towns like El Paso, Puntagorda, or Tazacorte preserve a quiet rhythm and an identity deeply tied to tradition.

Here, craftsmanship is still a living trade: from handmade silk, still produced entirely by hand at the Las Hilanderas workshop in El Paso, preserving the full production cycle just as it was done in the 16th century, to pottery, basketry, embroidery, and palmero cigars, a highly prestigious product with workshops you can visit in Breña Alta. Wineries are also abundant here, cultivating terraced vineyards and opening their doors for guided tours and tastings. A perfect opportunity to experience the agricultural landscape and the warm hospitality of the island.

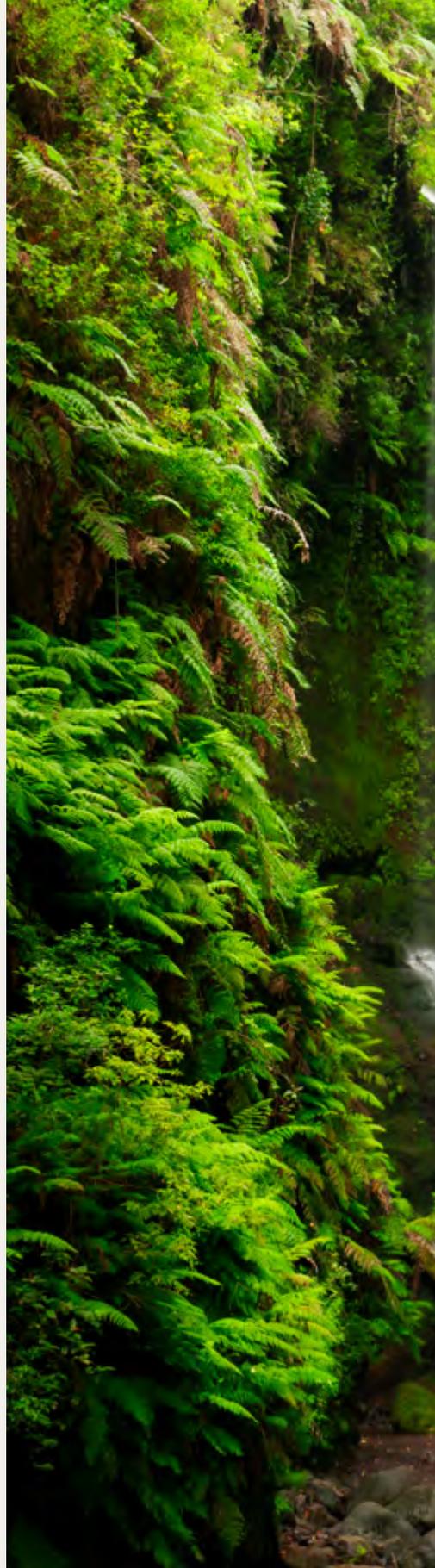


PHOTO  
*Saúl Santos*

# HUMID FORESTS AND LAURISILVA

(600-1500 M)

One of the most unique landscapes on La Palma Island is the humid, lush, evergreen laurel forest (laurisilva), nourished by the moisture of the trade winds. Exploring these forests is like traveling back to the vegetation that covered Europe before the Ice Age. Hiking, mountain biking, and birdwatching are part of the experiences this unique environment offers. In the northern and northeastern strip, two natural gems stand out: Los Tilos Forest and Cubo de La Galga. These are dense laurel forests filled with evergreen trees, giant ferns, heather, moss, and a deep, peaceful green atmosphere.





## *LAUREL FOREST HIKES*

 LOS TILOS – MIRADOR DEL  
ESPIGÓN ATRAVESADO

An easy trail through the forest offering impressive views of the ravine.

 CUBO DE LA GALGA – MIRADOR DE  
SOMADA ALTA

A very accessible circular route amidst laurel forest, heather, and large ferns.

 PR LP 9.2 - CALDERA DEL AGUA:

A moderately difficult circular route through the island's densest laurel forest in the north, crossing a lush, vegetation-filled depression.



## PINE FORESTS AND VOLCANOES

(1000–2000 M)

The Canary Island pine, fire-resistant and capable of resprouting after eruptions, blankets the slopes of the Cumbre Vieja Natural Park, flanking many of the trails that cross the area. A highlight among them is the Ruta de los Volcanes (Volcano Route), which traverses craters, lava flows, and volcanic ridges, revealing how fire has shaped this territory over centuries. This zone

is home to some of the island's most iconic and accessible volcanoes: the San Antonio, with its crater open to the ocean, and the more recent Tajogaite, whose lava flows and new terrain can be viewed from designated trails and viewpoints. Nearby, the Caños de Fuego Visitor Center offers a clear, visual interpretation of the recent volcanic landscape, featuring walkways and an accessible lava tube that help visitors understand how these lands were formed.



LOCATION  
*Volcano Route*



## *VOLCANO HIKES*



RUTA DE LOS VOLCANES (GR-131,  
TRAMO EL PILAR-FUENCALIENTE)

24 km along historical ridges and  
volcanic cones, offering views of  
both sides of the island.

### Recommendation

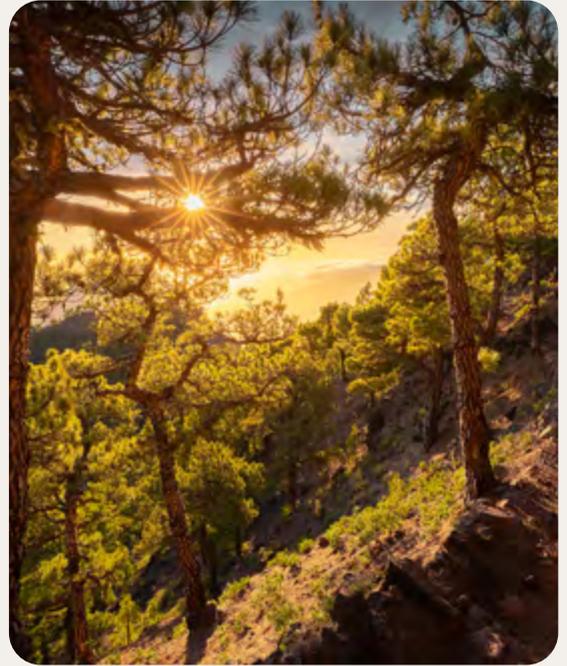
Bring plenty of water, sun protection,  
and clothing suitable for sudden  
temperature changes. Always  
check the weather forecast and trail  
conditions before setting out.

LOCATION   
*Roque de Los Muchachos*

## HIGH MOUNTAIN (1500-2426 M)

The high mountain zone is a territory of volcanic ridges, solitary pines, and viewpoints overlooking a true sea of clouds. Peaks such as Roque Niquiomo, Bejenado, Birigoyo, or Pico de la Nieve offer demanding routes that reward the hiker with spectacular panoramic views and the sensation of touching the sky.

At the island's heart lies the Caldera de Taburiente, a vast erosive crater with towering cliffs and dense Canary pine forests. Here you'll find one of the Canary Islands' most unique landscapes: the Cascada de Colores, reachable on foot via a trail through the park's interior. Its paths lead to iconic viewpoints such



as La Cumbrecita and Roque de los Muchachos, with vistas that amaze even the most seasoned travelers.

For cycling and mountain biking enthusiasts, especially downhill riders, this area offers scenic roads and technical trails winding through ancient lava fields and volcanic slopes, making every descent a high-mountain adventure.





# EXPLORE THE ISLAND

## RECOMMENDED ITINERARIES

### LA PALMA ISLAND IN A WEEKEND

A weekend isn't enough to fully know La Palma, but it is enough for an unforgettable first impression. Following these recommendations, you can enjoy some of its most beautiful spots.

In just one day, you can combine hiking, shopping, a swim at the beach, cultural visits, and local cuisine. And when night falls, there's nothing like stargazing with one of the island's specialized astronomy tour companies.

Here are two suggested driving routes to give you a complete overview of the destination.



## DAY 1

Drive through the island's center to Roque de los Muchachos, returning along the west side through the scenic towns of Garafía, Puntagorda, and Tijarafe.

Enjoy the changing landscapes and end the day in Tzacorte, taking in what may be the most beautiful sunset of your life. Be patient and wait for night to fall and lift your gaze to the stars.

## DAY 2

Visit the Los Tilos Forest (San Andrés y Sauces) and the La Cumbrecita Viewpoint (El Paso). Continue south to discover the volcanoes, black sand beaches, and landscapes of Fuencaliente.

Wrap up your getaway with a night stroll through Santa Cruz de La Palma.



LOCATION  
*Echentive Beach* 



LOCATION  
Garafia



## LA PALMA ISLAND IN 1-2 WEEKS

With one or two weeks, you can explore La Palma without rushing, taking the time to combine hiking, scenic driving routes, cultural visits and charming villages, beach days, and active experiences, all while enjoying the island's diverse landscapes.

Beyond the classic routes, a longer stay allows you to dive into more specialized activities: mountain biking, diving, whale watching, paragliding, hiking trails, and adventures by buggy or kayak.



## WEST ROUTE

- Santa Cruz de La Palma
- LP-4 Road to Roque de los Muchachos
- Mirador de Los Andenes
- Astrophysical Observatory
- Roque de Los Muchachos
- Roque de los Muchachos Visitor Centre
- Santo Domingo de Garafía
- Las Tricias
- Puntagorda
- Tijarafe
- El Time Viewpoint
- Tzacorte Port
- Santa Cruz de La Palma

## NORTH ROUTE

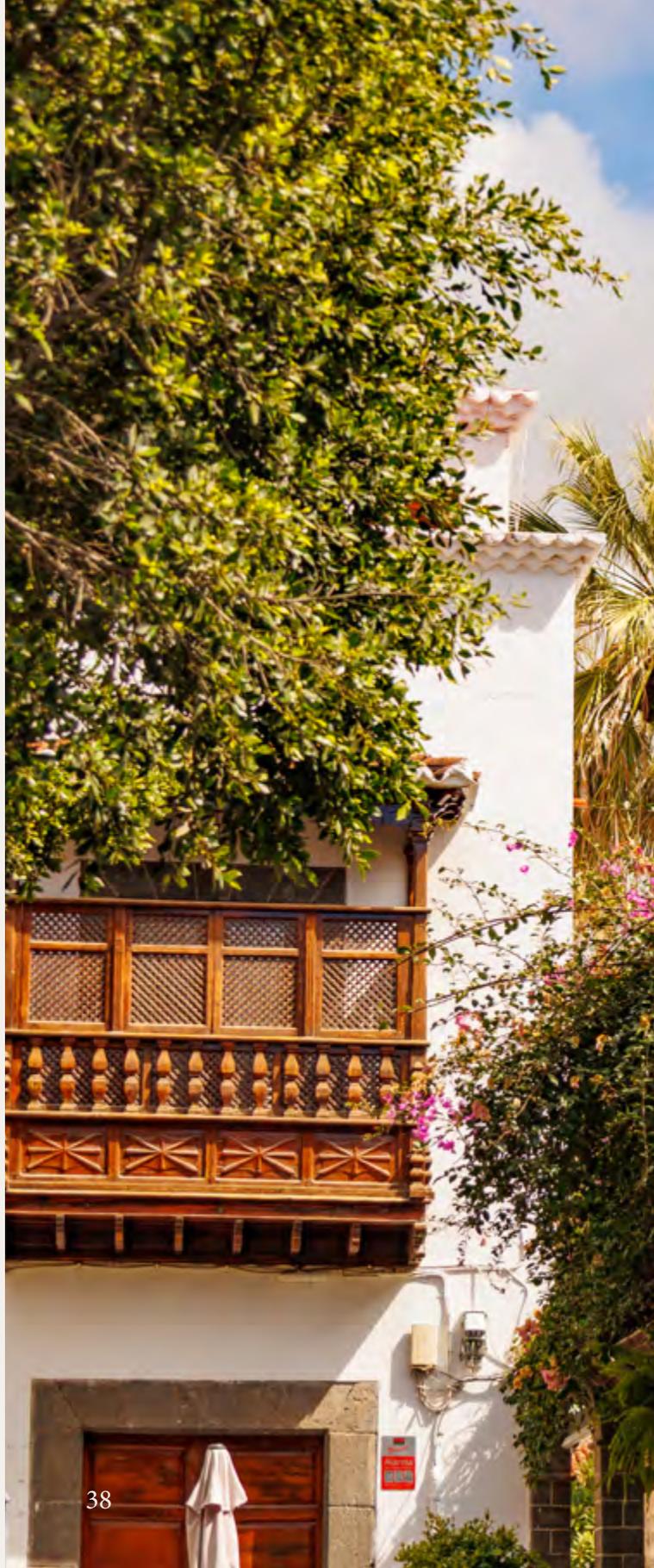
- Santa Cruz de La Palma
- Playa de Nogales beach
- La Galga (San Bartolo Viewpoint and Cubo de la Galga)
- El Tendal Archaeological Park
- Los Tilos Forest
- San Andrés
- Charco Azul Natural Pool
- La Fajana Natural Pool (Barlovento)
- La Tosca Viewpoint
- Gallegos
- Franceses
- El Tablado
- Santa Cruz de La Palma



LOCATION  
*San Andrés*

## SOUTH ROUTE

- Santa Cruz de La Palma
- Real Santuario de Las Nieves
- La Concepción Viewpoint (Breña Alta)
- Museo del Puro Palmero (cigar museum) in Breña Alta
- Montaña de La Breña Viewpoint (Breña Baja)
- Los Cancajos Beach
- Villa de Mazo
- La Salemera
- Belmaco Cave
- Fuencaliente





## CENTER ROUTE

- Santa Cruz de La Palma
- LP-301 Road to Refugio del Pilar
- Llanos del Jable Viewpoint
- Cumbrecita Viewpoint
- Museo de Seda Las Hilanderas (silk museum) in El Paso
- Los Llanos de Aridane
- Road over the Tajogaite volcano lava flows
- Caños de Fuego Visitor Center
- Beaches: Puerto Naos / Charco Verde / El Remo
- Santa Cruz de La Palma

 LOCATION  
*Los Llanos de Aridane*

# *PRACTICAL INFORMATION*

## HOW TO GET THERE

La Palma Airport (SPC) is located just a few kilometers from the capital and offers direct connections to Tenerife North, Tenerife South, Gran Canaria, and other islands during the summer, as well as national and international flights. It is also possible to arrive by ferry from Tenerife (Los Cristianos), with daily connections available.

## GETTING AROUND

The network of *guaguas* (busses) covers all municipalities and is a good alternative for moving between villages, although the most flexible way to tour the island is to rent a car.

Taxis are available in urban areas. For hikers, many routes are well-marked and allow for combining trail sections with public transport.

## WHERE TO STAY

La Palma offers a wide variety of accommodations throughout the island: *Casas Rurales* (holiday cottages) in the heart of nature, hotels and apartments in main tourist areas, and unique villas or stays among banana plantations, volcanic landscapes, or in the island's charming small towns.



## WHEN TO GO

La Palma is a great year-round destination, offering good weather and a peaceful atmosphere away from crowds. Winters are mild along the coast and cool in the highlands. Spring and autumn are ideal for hiking through lush forests, and in summer, the coast enjoys pleasant temperatures between 25°C and 28°C.

## WHERE TO EAT

From traditional restaurants and wineries to *parrillas and asaderos* (grills), you'll find a focus on local products and time-honored recipes, with specialities like grilled cheese with *mojo* sauce, fresh fish, *gofio*, goat meat, wrinkled potatoes, and homemade desserts made with almond and honey.



## SHOPPING

This artisan island offers handwoven silk, pottery, wicker and palm basketry, embroidery, Palmero cigars, items made from tea wood, *mojos*, sea salt, and renowned local wines that have earned national and international awards. Local shops and Mercadillos del Agricultor (farmers' markets) such as those in Puntagorda, Puntallana, and Villa de Mazo are perfect for buying authentic, locally sourced products.

# *A STORY THAT CONTINUES*

You may come seeking landscapes, but you will leave with emotions.

You may come to look at volcanoes, but you will end up looking at everything differently.

On La Palma, every step reminds you that travel brings you to life. It reminds you that there are still places where everything feels closer, where the land, the stars, and the sea invite you to begin again.

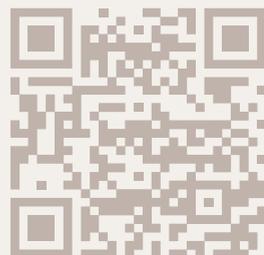
That feeling that stays with you —that calm, that clarity, that new way of seeing the world— is what we call the La Palma Effect: a kind of magic that takes hold before you even realize it. Maybe that's why it always calls you back.





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Isla de La Palma

*la isla bonita*



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