



Fuencaliente de La Palma

Natural source of tión

English edition

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In an area of steep hillside, with a wonderful contrast of Canary pines, crags and volcanic sands, lies this natural spring that the residents of the municipality once used to water their livestock: it was a much-frequented grazing area. It is about seven kilometres from the village of Los Canarios, on the summit ridge of the municipality, between 1,000 and 1,375 m above sea level, at the foot of the Martín volcano.

Today it is a destination for hikers. It is reached by the waymarked SL FU 111 trail, Pie del Volcán Martín – Fuente de El Tión, which leaves the GR 131 and descends 1.5 km and 200 m of altitude in a quarter of an hour (moderate difficulty). At the spring it links up with the SL FU 110, Montaña de Los Faros – Pista general del Este, an easy 3.5 km taking about an hour along the ridge. Both are open and combine with the Volcano Route in walks such as Fuente de Los Roques – Volcán Martín – Fuente del Tión – Tigalate.

It is reached on foot from the GR 131 or from the Pino de la Virgen forest track. There are no facilities: bring your own water and warm clothing in winter, and check the state of the trails on the La Palma Trail Network. See also: Volcán de Martín.

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